



THE POTRERO VIEW

February 2009

Serving the Potrero Hill, Dogpatch, Mission Bay and SOMA Neighborhoods Since 1970

FREE

Potrero Hill Eighth-Grader Sings at the Inauguration

By Josy Hicks Jablons

I've been a member of The San Francisco Girl's Chorus (SFGC) for seven years, and never dreamed we'd be singing to a crowd of millions. Even more amazing is that we would be the only youth group to sing at President Obama's inauguration.

Last November Senator Dianne Feinstein asked SFGC and The San Francisco Boys Chorus to send her a compact disc of our version of *America the Beautiful*. We had only a few days to rehearse and record. Then the shocking news arrived. We'd be singing on the Capitol steps during the inauguration.

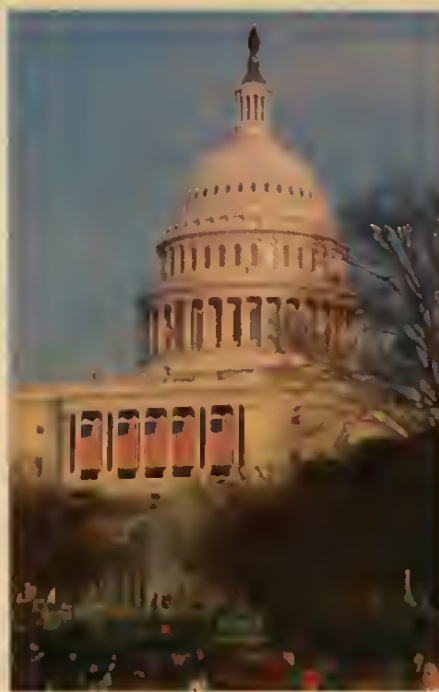
We had less than a month to perfect six songs with The Boys Chorus, with whom we don't normally sing. On January 16 we boarded a plane that barely accommodated us all on our way to Washington, D.C. On the plane the 43 girls who make up SFGC's touring group, Chorissima, sang *America the Beautiful*. It was powerful to see so many of the passengers begin to cry. It really showed me how meaningful Barack

Obama's presidency is to so many people. We had Oakland Mayor Ron Dellums on our plane, who said that he was very moved by our performance.

We were invited to stay at Foxcroft, a girl's boarding school in Virginia. The most memorable thing about arriving in DC and Virginia was how cold it was. I thought I was prepared for the cold weather but I wasn't. For six days I was cold, cold, cold.

We rehearsed all the way up to the big day. On Tuesday the 20th we awoke at 2 a.m., dressed in our costumes, and at 3 a.m. drove to the outskirts of D.C. We had to wait in the bus for a security check and a police escort, fortunately sleeping most of the time. At 6 a.m. police and their dogs came on the bus. After the security check we had multiple police behind and in front of the bus escorting us to DC. It was exciting to zoom passed hundreds of buses with the police sirens blaring.

We were taken to the Russell Senate Office Building, where we made our final preparations. The



announcer introduced The San Francisco Girls Chorus and The San Francisco Boys Chorus to the millions of people. We sang our six songs; my favorite song that we sang was Hymn to Freedom by Oscar Peterson. I like this song because it was one of Martin Luther King's favorite songs, and the lyrics were perfect for this momentous occasion. The lyrics are:

When every heart joins every heart and together yearns for liberty,

Continued on Page 12

Fruit Trees Cause Controversy at McKinley Park

By Mary Purpura and Silvano Purpura-Pontoniere

For more than five years roughly two dozen Potrero Hill residents and their friends have carefully tended to McKinley Park's west side. They've picked-up trash; removed graffiti; spread wood chips on walking paths, and lined them with native rocks; and planted purple needlegrass - the official state grass - thousands of flower bulbs, and about two dozen flowering and fruiting trees. "We chose tree varieties that would provide habitat for bees, birds, and local wildlife," said Potrero Hill resident Cris Rys, who coordinates the Community Garden at 20th and

Continued on Page 19

Potrero Shopping Center Weathers Economic Doldrums

By Sarah Marloff

San Francisco may pride itself on being a city-apart, but the Potrero Shopping Center, located at 16th and Bryant streets, is feeling the same economic recession plaguing the rest of the country. With Shoe Pavilion, one of the larger stores in the center, permanently closing their doors late last year; and the Washington Mutual Bank branch being taken over by Chase, locals are wondering about the center's survival.

While most of the center's retailers are corporate chains - such as Safeway and Jamba Juice - there's at least one independent business. Plaza Flowers and Balloons, owned by Terry and Cliff Courier, is experiencing less shoppers "like

everybody else" according to Terry. "This is our busiest time of year as a florist, from Thanksgiving to June and we're doing okay as far as business." Plaza's weekly regulars continue to come by, and no customers who receive weekly arrangements have canceled.

However, Terry noted that over the holiday season demand for decorations was less than robust. Plaza Flowers and Balloons is part of the National Floral Network, where "orders were down nationwide. There were no inquiries for things like wreaths and garlands even," said Terry. Plaza is a small business, with only two employees who work roughly 30 hours a week, so any

Continued on Page 14

Long-Time Potrero Hill Resident Elected Planning Commission President

By Christine Lias

Ron Miguel moved with his wife and children from the Richmond District to Potrero Hill a third of a century ago for one simple reason: to escape the fog. "We were looking for sun," said Miguel, 77, who was appointed last year by Mayor Gavin Newsom to the San Francisco Planning Commission, and elected Commission president last month.

Miguel, wife Ruth, son Barry, and daughters Melanie and Renee, who are now in their early-50s, settled in at 16th and De Haro streets. Miguel found a "very friendly neighborhood," and enjoyed the "easy access to downtown," but lamented



Ron Miguel, Planning Commissioner President

the shortage of restaurants. Miguel was thrilled when Goat Hill Pizza opened in 1975.

The community has steadily changed over the years. A working class neighborhood populated by African-Americans and families of

Continued on Page 22

INSIDE

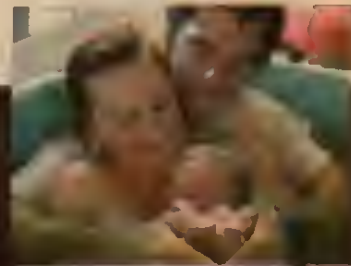
Healthy School Lunches 11



Kids on the Block 12



Birthing Stories 13



Publisher's View Paper Money

By Steven J. Moss

What does the *View* have in common with the *Los Angeles Times*, *New York Times*, and *San Francisco Chronicle*? It doesn't make any money, and, unless things improve, could go out-of-business.

For almost four decades the *View* has been published on the backs of volunteer writers and editors, who in past years have been paid for their troubles in the form of Goat Hill pizza. Ruth Passen, now recovering from emergency hip surgery, focused her 1,000-watt energy making sure that important neighborhood news was covered, with lay-out and administrative support from dedicated colleagues, including Abigail Johnston and Lester Zeidman. The paper's operations were housed for free at the Potrero Hill Neighborhood House. Still, even with all of this unpaid help, delivery, printing and other expenses consumed upwards of \$50,000 a year, a cost covered by the paper's advertisers.

Today the *View* operates from shared desks located at a Dogpatch-based nonprofit, with state-of-the-art computers and associated design software, a professional website, and its own bevy of newspaper boxes. Most of the paper's reporters and photographers, as well as its editors, work for little or no compensation. Still, expenses, mostly associated with lay-out, are roughly one-third higher than a few years ago.

The *View* isn't so much threatened by higher costs, though, as lower advertising revenues. Ad dollars are down for multiple reasons, including the deep recession – which has already put several neighborhood shops out-of-business – and the steady demise of a number of dedicated advertisers, such as Klein's Deli, Mani-Pedi, and Michael Gary & Co. The *View* has also experienced high default rates: over the past year roughly one out of every 10 dollars of advertising revenue owed has remained unpaid.

If the paper is unable to

meet its costs – principally printing and production – it will cease publication. This isn't an immediate danger; advertising revenues, while down, remain sufficiently robust to pay basic expenses. However, the economy is fragile, and businesses, even community stalwarts like The Good Life Grocery, Farley's Café and Goat Hill Pizza have to find ways to cut costs.

The *View* is doing what it can to attract advertisers, mostly by publishing a paper that community members want to read. Rate discounts are being offered to new and returning advertisers. Classified ads can be immediately placed on the paper's website. Starting with this issue, web posting of each new edition will be delayed until the end of the month, so that readers are encouraged to rely on the print edition, with its easy-to-read display ads. Later this year advertisers will be given the option of posting versions of their ads on the website.

The *View* could also use your help. If each of the paper's more than 15,000 readers invested just \$5 in the *View*, sufficient revenue would be secured for a year. Twice that much from each reader would insure that ill-paid writers would receive a little extra to enable them to spend a bit more time on their articles, improving the paper's quality.

Ten dollars a year – less than 85 cents a month – isn't much in exchange for a newspaper that does its best to cover the community's difficult land use issues, neighborhood schools, cultural activities, and children's lifecycle events. Please consider having coffee at home a day or two a month instead of at Starbucks – if you buy your cup at Farley's cut something else out – and send the *View* a check. With your support we'll get through these hard times, and the *View* will continue to serve as San Francisco's longest-running neighborhood newspaper.

thingpart

jsayers



Advertise in the *View*

The best way to reach
Dogpatch, Mission Bay, Potrero Hill,
and South of Market residents

Check out our rates at www.potreroview.net
Discounts for 94107 area codes

Two Options for Perfect Living on Potrero Hill!

Perfect Urban Living at the
Potrero! Active



Top floor, northwest corner of the building. 2 bedroom, 2 bath with ample closet space and one car parking.

Exceptional Urban Living!
Offered at \$1,149,000



New construction in 2007. Three bedroom, 2 bath condominium. Private garage and common area elevator.

We are Potrero!

- Consistently Potrero Hill's #1 Selling Team
- Over one quarter BILLION dollars in San Francisco sales
- 40 combined years specializing in Potrero Hill property
- "On the Hill to Serve the Community Better" long before it was pricey or hip

Christine 315.0105 ext 116

Hallie 315.0105 ext 118



Z
ZEPHYR
REAL ESTATE



Masthead design by Giacomo Patri

EDITOR and PUBLISHER: Steven J. Moss

Production Manager: Michael Accomazzo

February STAFF:

Stacey Bartlett, Deia de Brito, Debbie Findling, Lori Higa, Catie Magee, Sarah Marloff, Sara Moss, Mary Purpura, Silvano Purpura-Pontoniere, Lisa Tehrani, Rebecca Wilkowski

Editorial and policy decisions are made by the staff.

All staff positions are voluntary.

Published monthly.

Address all correspondence to THE POTRERO VIEW
2325 Third Street Suite 344, San Francisco, CA 94107
Telephone: 415.626.8723

E-mail: editor@potreroview.net • graphics@potreroview.net (advertising)

Copyright 2007 by The Potrero View. All rights reserved.
Any reproduction without written permission from the publishers is prohibited.

Letters to the Editor

Editor,

The *Potrero View* continues to offer great coverage, and I was very pleased to see the January article on plans to replace public housing in Potrero with a new, mixed neighborhood. Bridge Housing is an outstanding partner with a proven record of working well with the community while undertaking the sensitive and challenging task of remarking homes, not just housing.

I also want to let readers know that the HOPEVI program, used effectively in five other major demolition and replacement of poor public housing in San Francisco, is not defunct. It has continued to award grants of about \$20 million every year for just such projects. The total budget provided by the President and the Congress to the U.S. Department of Housing and Urban Development has been sharply reduced, but communities across the country continue to receive these grants.

A first step is for the local housing authority and mayor to apply for a HOPEVI grant. Potrero could well be a successful candidate for \$20 million in federal funds to help this project, but so far the City has declined to apply for federal funding.

Thanks for the opportunity to clarify this important point.

Larry Bush
Public Affairs Officer, Region IX
U.S. Department of Housing and
Urban Development

Editor,

As co-chair of CC Puede, a community organization working to transform Cesar Chavez Street from a "traffic sewer" into a more pedestrian-friendly, livable corridor, I was delighted to read both your lead story on the Potrero Hill traffic calming plan and the inside piece about local bike lanes (January issue). The two efforts are connected, as bike lanes help define traffic flow more logically, and widen the buffer between cars and people using the sidewalks. Potrero Avenue is a good example of how bike lanes have been used in conjunction with new medians, turn pockets, and crosswalk enhancements.

I hope the resident who fears that calming Kansas Street will increase congestion can consult with people living on other streets that have undergone similar changes. They're pretty happy. Simply making cars slow-down and pay attention to pedestrians and other users of public space actually makes traffic flow more smoothly and creates a much better environment for all.

And the truck users near Illinois Street, who are concerned about how

their traffic would be affected by bike lanes, should be reassured to know that one of CC Puede's prominent supporters is Veritable Vegetable, the organic produce distributor at Tennessee and Cesar Chavez that uses numerous large trucks in its daily business. We are working with industrial users to ensure that their needs are addressed.

Bike lanes aren't the only goal for Cesar Chavez. We hope to widen sidewalks where they're too skinny and add sidewalks where they don't exist at all. Currently, crosswalks along the eastern stretch of the street are few and far between, making it rather dicey for workers who cross for lunch or other users. We hope to improve this dangerous situation and welcome participation from Potrero Hill residents and merchants. Anyone interested in getting involved can contact me at frances.taylor@cmpmedica.com or 874-4570. Visit www.ccpuede.org for more information.

Fran Taylor
26th Street

Dear Editor,

I read the article "Public Schools Partnering with Parents, Principals and Local Businesses to Raise Funds in Hard Times" (January) with great admiration for the success of groups at Alvarado, Leonard Flynn and Starr King elementary schools. The story left me feeling that despite the threat of education budget cuts, our community is doing a formidable job of holding on to its schools. These public schools are fortunate to have parents who are willing and able to soldier forward, raising money on their behalf.

My hunch is that we should thank our preschools for initiating parents into the school system. By the time their children reach elementary school, many parents are already seasoned fundraisers. They're drawn in to the worthy cause as soon as their children enter preschool, which depend heavily on community funding. It is here that many parents develop their fundraising skills and where, for some, community activism is kindled.

Julie Jackson spent four years organizing the annual fundraiser at Friends of Potrero Hill Nursery School (FOPH). She's now co-chair of Leonard Flynn's parent-teacher association. Many other FOPH parents are committed community advocates: Nancy Gnass, a Parents for Public Schools ambassador; Antje Kann and Dave Maltz, spearheading Friends of Franklin Square to reclaim that abandoned park for neighborhood use, starting with the playground rebuild currently under way; Kelly Yon, a co-founder of the Mission Roots urban street-greening project; Katherine Doumani, a Potrero Residents Education Fund founder; Amy Gregg, editor of the Mom Go Green blog; and Natalie Freeburg, who reinvigorated the Potrero Hill Parents Association. At this rate of community activism among our current preschool parents, my hope is that all of our local public schools, so set on raising the banner, are assured of a glowing future.

FOPH is Potrero Hill's oldest preschool. Founded in 1996, more than 200 families have benefited from the school, which enables their children to remain in Potrero Hill for their formative education. The school welcomes all families on a sliding-scale basis for tuition. Funding for scholarships – around 25 percent of the children in any given year – and a portion of operations is wholly reliant on parent involvement and community support, mostly raised at the annual fundraiser.

Join us on March 7, 2009 for our annual fundraiser, "Swing into Spring," at the Potrero Hill Neighborhood House from 6.30 to 10 p.m.. It promises to be a particularly fun one: a silent auction with genuinely good stuff on offer, like a holiday cottage in the Cape wine lands (South Africa) and a month's unlimited classes at Pretzel's Yoga; a delicious bite and a wine bar (sporting some exotic surprises!). Ticket prices are just \$15 in advance, \$20 on the night. There will also be superb entertainment, with guest appearances from Dan Hoyle, the performer and writer, and Gaucho, a gypsy jazz band. Magic is in the air!

Heather Wagenfeld
Mississippi Street

LOVE
your little ones



AND
your neighbors

\$50 credit towards prints for all 94107 residents!
expires April 1, 2009

ep
images

Photography by Emily Dayne
415-699-9343
www.emilypayne.com

"I back the family
insurance I sell
with good neighbor
service. Call me."



Like a
Good Neighbor
State Farm
Is There



"See me for Car, Home, Life and
Health Insurance"

LINDA K. WILLIAMS
1536 20th Street
648-1155

email: linda@lindawilliams.us
website: www.lindawilliams.us

Introducing

the most exciting place in the whole world.

Your couch.



The new Comcast HD Triple Play.
Your couch will never be the same.



FREE HD

No HD equipment or service charges and access to over 1,000 HD choices.



Faster Internet

Comcast High-Speed Internet with PowerBoost™ with download speeds up to 16 Mbps.



Unlimited Calling

Enjoy unlimited local and long-distance calling with 12 popular features.

Call 1.800.COMCAST

comcast

Offer ends 6/30/09 and is limited to new residential customers. Not available in all areas. Offer limited to Digital Starter, 6.0 Mbps High-Speed Internet and Comcast Digital Voice® service and requires subscription to all three services. After the 12 month promotional period, or if any service is cancelled or downgraded, Comcast's regular charges apply. Comcast's current monthly service charge for all three products ranges from \$129.99 to \$209.99. Cable and High-Speed service in offer limited to a single outlet. Subject to Comcast standard terms and conditions of services. Price does not include applicable equipment and installation charges, taxes, franchise fees, the Regulatory Recovery Fee or other applicable charges (e.g., per call, or international charges). \$29.95 activation fee applies to Comcast Digital Voice®. May not be combined with other offers. **Cable service.** Certain services are available separately or as a part of other levels of service. Basic service subscription is required to receive other levels of service. Converter and remote required to receive certain services. HD programming limited to programming provided to Comcast in HD format. HD choices include HD channel lineup and HD programming ON DEMAND at any given time. May vary by market. ON DEMAND selections subject to charge indicated at time of purchase. Not all programming available in all areas. **High-Speed Service.** Speed comparison between Comcast 6.0 Mbps service and standard 1.5 DSL (downloads only). PowerBoost® provides burst of download and upload speeds for the first 10 MB and 5 MB of a file, respectively for 6.0 Mbps service, for the first 20 MB and 10 MB, respectively, for 8.0 Mbps service and 22 Mbps service. Many factors affect speed. Actual speeds will vary and are not guaranteed. Not all features, including McAfee, compatible with Macintosh systems. McAfee value based on retail price of product sold separately. **Comcast Digital Voice®.** Unlimited package pricing applies only to direct-dialed calls from home to locations in the U.S., Canada, Puerto Rico and certain other US territories. No separate long distance carrier connection available. Comcast Digital Voice® service (included 911/emergency services) may not function after an extended power outage. EMTA required (\$3/month). Ability to keep existing telephone number not always available. Call for restrictions and complete details or visit www.comcast.com/freehd. Savings claim based on Comcast's advertised promotional rates as compared to the regular monthly service charges for each applicable bundle over a one year period. All trademarks are the property of their respective owners. Comcast ©2009. All rights reserved. 7711 02/09 844 896

Short Cuts

Recessionary Deaths

Add **Baraka Restaurant** and **Delirious Shoes and More** to the growing list of businesses felled by the economic slide. Both shops provided excellent products and neighborly services. They'll be missed...While many enterprises are suffering, car repair shops, cooking supply stores, home beauty outlets, pharmacies, and sex toy boutiques are apparently doing a booming business. Gone are the days of purchasing a new car every three years, replaced by long-term patching and repairing. Eating out at expensive restaurants, seeing the doctor, and mani-pedis are giving way to cooking at home and off-the-shelf health and beauty products. And sex toys? What else are you supposed to do when you can't afford new shoes to wear as you dine out at the finer establishments?

It's a Crime

Speaking of mani-pedis, at a

recent Potrero Hill Association of Merchants and Businesses meeting, and in response to concerns raised by **Pinkies Nail Salon's** clients, who're afraid of theft or something worse while being clipped and buffed, **Police Captain John Loftus** stated that Potrero Hill is "actually a very safe area. Crime happens throughout the City. With 140 officers stationed in Bayview, we're very well staffed. Still, while it's just not that bad, you have to be careful." You heard the captain: walk tall, be aware, and sharpen your nails!

Cartoon Characters Have Feelings

A vigilant *View* reader pointed out that Betty Crocker, who was identified as Debbie Epstein's great-aunt in last month's paper ("Home Cooked Meals That You Don't Have to Prepare") is a fictional character. Betty Crocker, a General Mills brand name, was developed by the Washburn Crosby Company in

1921 as a way to give personalized responses to consumer product questions. According to Epstein, General Mills hired her grandmother's sister, among other women, to travel the country teaching about food. Betty Crocker is a composite of three of these spokeswomen's faces, including Epstein's great-aunt, whose looks may have contributed to the character's nose and mid-face. Next time we quote the Michelin Man, or talk to Captain Crunch's grandnephew, will make sure to get all of the details.

Publisher's Spat

San Francisco Bay Guardian publisher **Bruce Brugmann** is concerned that *View* publisher **Steven Moss** is in PG&E's pocket. Brugmann's suspicions were aroused by the fact that Dogpatch-based **San Francisco Community Power** (SF Power), which Moss manages, receives PG&E payments to run an energy management program focusing on small businesses; that the *View* didn't actively support Proposition H, last year's losing public power initiative; and that Moss has editorialized against the City's proposed peaker plants. SF Power does receive PG&E funds, but only by order of the **California Public Utility Commission**, and generally against the monopoly's

wishes. What's more, the nonprofit and the utility are currently locked in a regulatory case arguing about how best to fund small business programs and whether San Francisco-specific energy management programs should be used to help close the Potrero Power Plant. As far as Moss' position on public power and the peaker plants, the *View* suggests that interested readers review past issues, of the paper, transcripts from the Potrero Power Plant Citizen Task Force meetings, and our publisher's commentary's on KQED Radio (www.kqed.org).

Cheat-o's

Coming back from downtown on Muni last month, a family – mom, dad, and daughter – left a half-full bag of Cheetos on top of a pay telephone, with the idea that it'd be picked up by a hungry homeless person. Within minutes a well-dressed 30-something gentleman carrying a laptop computer, grabbed the bag and started munching on its contents. "That's the problem with dating in this town," said the mom, after witnessing the transaction. "They may look normal, but you never know what you might get." On the other hand, if you want to catch a well-dressed but hungry man, perhaps setting a Cheetos trap isn't a bad way to go about doing that. What would Pringles get you?

BATHROOM & KITCHEN REMODELING

Serving San Francisco Neighborhoods For 20 Years

415 282 5406

CSL # 488938

Licensed Bonded Insured

New Listing!



Prime North Slope Potrero Hill Home!

- 2 bedroom, 1 bath
- Remodeled Victorian home
- Formal dining room with original built-ins
- Views of the Bay from eat-in kitchen and deck
- 1 car garage parking
- Attic or lower level expansion potential!

1409 20th Street
Listed: \$949,000

Pending!



One-of-a-kind Home on North Slope!

- 3 bedroom, 2 bath
- 2 story home at front of lot
- Sweeping views from both levels!
- Laundry room, extra storage
- Private garage
- HOUSE FOR A CONDO PRICE!

816 Carolina Street
Listed: \$849,000

Sold!



2 Level North Slope Condo with Views!

- 3 bedroom, 2 bath
- Woodburning fireplace
- Downtown SF Views
- Newly remodeled, stainless appliances in kitchen
- Office/Den
- Shared Yard, 1 car parking

713 San Bruno Ave
Sold: \$920,000

Susan is both your Potrero Hill neighbor and Realtor®. With her keen business sense and warm approach to client service, she is at once upscale and down to Earth. Kind of like Potrero Hill.

And with nearly 30 years of San Francisco real estate expertise in the city's most exclusive neighborhoods, and of course her own home base of Potrero Hill, it's no wonder she's the first person so many San Franciscans turn to for guidance when they decide to buy or sell property.

She's been at the top of this game for years; when only the best of both worlds will do, call Susan Olk.

Going... Going... Gone!



Trust your real estate transactions
To the #1 Agent on Potrero Hill

Susan Olk

CRS, CLHMS

415.552.0129 x155

SusanCRS@aol.com

www.susanolk.com



Multi-Million Dollar Environmental Justice Fund Scheduled to Make Final Pay-Outs in 2011

By Herman Wong

A year ago the dirt patch at the corner where Bridgeview Drive slopes down to Newhall Street in the Bsyview District stood empty. Today it's a vibrant community garden, with 12 volunteer gardeners. Green beans grow on three terraced levels, like giant steps; a concrete path connects a row of sunflowers to a new fence along a dirt path. The garden has beautified the hillside and provided food for its growers. It's also created its own community. "I get to know my neighbors and that's our biggest push, to get people out of their homes and learn to grow with us," said Anthony Tarket, one of Bridgeview Garden's green thumbs.

Bayview residents invested their own time to create the garden, but they got a hand – \$30,000 worth – from a City program that supports environmental improvements in Southeast San Francisco. For the past eight years the San Francisco Department of Environment's (SF Environment) Environmental Justice (EJ) grant program has helped start community gardens, installed free solar power systems and, soon, may create the first environmental education center in the area, though not without some controversy.

With more than \$11 million of its original \$13 million endowment spent or committed through 2009, the grant program is nearing its end. The funds have enabled a diverse set of organizations to bring a bit of the green movement to neighborhoods that are marked by poverty and crime. "I think many of the projects, even if they were very small and seemed limited in scope, were part of a stepping stone for people," said

Anne Eng, EJ program manager.

At Bridgeview Garden the tools, sunflowers and fence bought with an EJ grant helped make a barren stretch of land a community focal point. For Lena Miller's nonprofit, Hunters Point Family, SF Environment funding made it possible to turn a fallow two-acre field behind the Alice Griffith Housing Projects into a flourishing garden growing a host of fruits and vegetables, injecting fresh fruit into an area where such produce is scarce.

Since 2001 Hunters Point Family has received more than \$270,000 in EJ grants, mainly to support programs that employ community youth to grow crops, and to teach them healthier eating habits. "We're not just telling them what they should be doing but providing an opportunity to access it and truly understand about it," Miller said.

The Hunters Point Family garden led to the creation of the Bayview Farmer's Market, and then a fruit delivery business, Something Fresh. According to Miller these efforts are an attempt to change Bayview residents' poor eating habits. "What we're trying to do is change the norms and behaviors in our community," Miller said. "People have become so accustomed to eating processed foods, they've lost a lot of the craving for fresh food. So what we're trying to do is make it accessible."

Gardening projects have received the second largest portion of EJ funds. Monics have also been invested in San Francisco Community Power – which, with funding from the San Francisco Public Utility Commission, is currently fielding a team of community members to

offer high efficiency toilets to low-income families and small businesses; the nonprofit was founded and still managed by *View* publisher Steven Moss – to bolster food pantries, and to install new air filters in low-income housing. Grants range from \$12,000 to boost a middle school's environmental curriculum, to \$1.5 million for a 14-month horticulture job program at the San Francisco Botanical Garden.

Current grantees include Asian Neighborhood Design, which is offering workshops on environmental issues; Global Exchange, to support a green jobs training program; and Urban Sprouts, which will establish a school garden and associated curriculum at the International Studies Academy.

The majority of EJ grant expenditures over the years have been spent on programs that focus on energy issues, mainly because the grant money was provided by Pacific Gas and Electric Company (PG&E) as part of state-imposed conditions related to the sale of the Potrero Power Plant to Mirant Company. From 2001 to 2005 EJ grant recipients – who weatherized homes and swapped old refrigerators for more energy-saving models, among other things – produced roughly 1.7 million kilowatt-hours (kWh) of

energy savings, according to a SF Environment-commissioned report by the consultant group TechLaw. During that same period 40 solar systems were installed with EJ grants, with a total capacity of 64.61 kWh. A typical PG&E customer uses 540 kWh each month.

The San Francisco Food Bank on Pennsylvania Avenue received nearly \$100,000 to replace light fixtures with more efficient models, as well as to install solar panels. These measures have contributed to a 16 percent year-to-year decrease in energy costs, \$13,500 in annual savings, according to Marguerite Nowak, San Francisco Food Bank spokesperson. "For every \$1 we save we can distribute \$9 worth of food out to the community," Nowak said.

The EJ grant program has endured its share of criticism, most notably for the environmental education center at Heron's Head Park. In 2001 the Bayview-based nonprofit Literacy for Environmental Justice, or LEJ, was given an \$897,941 grant to build a 1,500 square feet environmentally-friendly teaching facility. The center was supposed to be a green building, with hay bale walls and its own power source. But by 2003, nearly \$380,000 had been spent without a hay bale being laid, according to a

Continued on Page 21



**SAN FRANCISCO
AUTO REPAIR CENTER**
(415) 285-8588

OPEN 7 DAYS A WEEK
Smog Check & Repair Available 7 Days

FOREIGN AND DOMESTIC AUTO REPAIRS
OFFICIAL CALIFORNIA SMOG STATION
12 MONTH WARRANTY ON ALL REPAIRS

Free Shuttle Service to & from BART, Downtown & Nearby
Neighborhoods • Basic Auto Repair Classes • "Do-It-Yourself"
Membership Available • Dependable, Guaranteed Work at
Honest Prices

Used Car Prepurchase Diagnostic Inspection Service
Emissions Systems/Smog Test Failure Diagnosis & Repair
Tune Up/Lube Service/Regular Maintenance
Cooling Systems • Radiators • Overheating
Timing Belts • Brakes • Clutches • General Repairs
Air Conditioning/Heaters • Check Engine Light
Electrical Problems/Rewiring/Short Circuits
Windows/Doors/Vandalism Repairs • Four-Wheel Drive Service
Struts/Shocks/Suspension/Steering • CV Joint & Axle Service
Computer Diagnostics • Driveability Problems
Engine & Transmission Rebuilding & Replacement



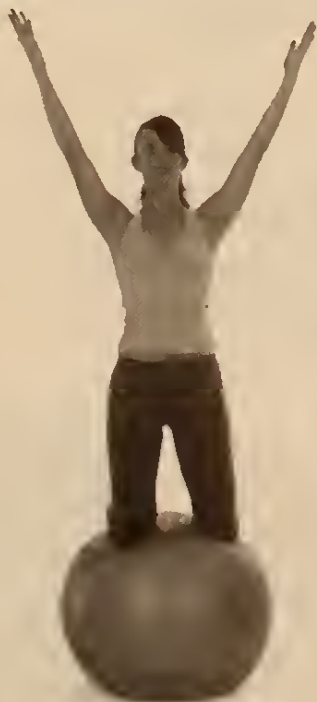
since 1978
(415) 285-8588

611 FLORIDA STREET (Near 18th), S.F., CA 94110
Between Harrison & Bryant Streets
All Major Credit Cards & ATM Accepted

OFFICIAL GROSS POLLUTER
CERTIFICATION STATION

We can repair & retest
smog failures from
"Test-Only" Stations

Healthy New Year 2009!



PILATES

Centered Body Pilates

601 Kansas Street, Potrero Hill
(415) 920-9133 www.centeredbody.com



\$ 10
OFF

SMOG INSPECTION



FREE
BRAKE
& SAFETY
INSPECTION
(\$60 Value)



\$ 10
OFF

OIL CHANGE

Muni Makes Progress with Islais Creek Maintenance Site

By Halley Cornell

After more than a decade of property acquisition and planning, site preparations are underway for an 8.4 acre, \$100 million San Francisco Municipal Transit Agency (SFMTA) motor coach storage and maintenance facility, located at Islais Creek. Last October, workers installed a security fence and partially paved the site to help lessen the impact of construction dust on the surrounding neighborhood during what's expected to be the roughly 30-month long process to build the Islais Creek Operating Division. Once completed, the site, which is bordered on the north by Cesar Chavez Street, on the east by Indiana Street, on the south by Islais Creek, and on the west by the northbound Cesar Chavez off-ramp from Interstate-280, will house 165 alternative-fueled buses and 19 maintenance trucks.

The facility will replace Muni's Kirkland Division, located at Beach and Stockton streets, according to SFMTA spokesperson Judson True. "We've had plans to replace Kirkland with a bigger, state-of-the-art motor coach facility since the early 80s," True said. The Islais Creek property, formed from a 3.9 acre plot purchased from the Granex Coporation in 1990, and an additional 4.5 acres subsequently transferred



An artist rendering of the Islais Creek Maintenance campus

from the City and County of San Francisco and purchased or leased from Caltrans, is three times the size of the Kirkland site, which True calls "dramatically outdated." Islais Creek will incorporate a number of improved technologies in both construction and output, such as low volatile organic compound materials for paint, carpeting, and varnishes; low-flow fixtures for water conservation; water recycling; and biodiesel fueling systems for Muni's clean fleet. Muni workers will likely be transferred to Islais Creek from the Kirkland site, which will be used for other SFMTA purposes or redeveloped.

The Islais Creek facility will include a 64,400-square-foot maintenance and operations building, a 16,200-square-foot fuel and wash facility, and a 1,900-square-foot substation and office building. The

largest building will have a south-facing saw-tooth gabled roof unique to industrial buildings in the area, according to architect Robin Chiang of Robin Chiang & Company. That building will house offices for the facility's employees, and will include break areas oriented toward the creek and an open, two-story lobby that may eventually house a labor museum.

"We believe that the idea of sustainability has spread wider than environmental sustainability to economic, social, and other areas," Chiang said. "The idea of incorporating the museum and the break areas of the workers oriented toward the creek are things that go in the direction of social sustainability. The people who work here don't have to sit around: they can actually get out and walk all the way around the creek."

The site will also contain a large parking area and 800 by 40 feet of public access, including grasslands and waterfront. Plans for the public space include a promenade, a berm circle of wild grasses and poplar trees, a turf plaza, native shrubbery, a pedestrian and bicycle path, and 340-foot-long abstract sculpture representing one of the liberty ships

that used to navigate Islais Creek. Nonprofit Friends of Islais Creek, for whom Chiang also serves as volunteer executive director, was instrumental in working with SFMTA in conceiving the public space. "The project represents a tremendous improvement to the neighborhood and community," True said. Besides opening access to the waterfront, True claimed that the project will create jobs, improve Muni services, and bring more services and supporting businesses to the area for employees and residents alike.

True and Chiang both noted the possibility that the project will be delayed. Although SFMTA has secured most of the funding through state and city bonds, it's still looking for \$27 million. Progress, according to True, will depend on successfully navigating further permitting and property issues, as well as the volatile construction environment that's been plagued with rapidly changing costs of gasoline, steel, copper, concrete and other materials. According to Chiang, 2011 is a more likely completion date, with site improvements alone – which will include compacting all of the soil on the property – taking time to complete.

A Benefit for Friends of Potrero Hill Nursery School

5th annual

Swing
into
Spring

Taste the Hill life and join a fun evening of magic, the gusto of gypsy jazz band **Gaucht**, and a not-to-be-missed Silent Auction! Enjoy delicious food and a complimentary Wine Bar, with exotic surprises!

Saturday, March 7, 2009

6:30 p.m. - 10:00 p.m.

Potrero Hill Neighborhood House
953 DeHaro Street, San Francisco

\$15 in advance, \$20 at the door

To purchase tickets: Call (415)218-6642 or email auction@fophns.com

Visit www.fophns.com/auction for online bidding, March 1-4, 2009

got STRESS?

Acupuncture can help with:

- Stress
- Fatigue
- Colds & Flu
- Depression
- PMS
- Pain

ACTCM offers:

- Acupuncture & Chinese Herbs
- Shiatsu & Tui Na Massage
- Low Income & Student Discounts



American College of Traditional Chinese Medicine

450 Connecticut Street, San Francisco, CA 94107

(415) 282-9603

www.actcm.edu

Maintaining Balance is Key When Coping with Anxiety

By Tamara Hicks, Jocelyn Cremer and Elizabeth Gayner, Potrero Hill Psychotherapy

American Psychological Association survey results released last Fall indicate that more than three-quarters of Americans are experiencing stress over job security, housing problems and the shrinkage of their retirement funds. This national phenomenon is reflected in Potrero Hill Psychotherapy's practice. People are worried about their own financial situation as well as the challenges facing their parents, siblings, friends and neighbors. It's important to look to support from friends, family, community and an optimistic outlook to negotiate these stressful times. You can't control the stock market, but you can control your anxiety and help those around you.

Many of us have good strategies for dealing with the stresses of everyday life. However, with the economic crisis dragging on stress is taking a toll. Individuals who were previously functioning well may find life a bit more challenging. Worries and fears about the economy, and the future in general, may be persistent and intrusive. Sleep problems due to anxiety can leave one feeling exhausted. Many who feel overly stressed frequently report being keyed-up, or on edge.

Not everyone experiences stress the same way at all times. Sometimes people feel sad, hopeless, or pessimistic. Melancholy feelings can also alternate with extreme irritability. Individuals may find they feel more lethargic or have difficulty concentrating. Many people overly blame themselves when things aren't going well. This can result in poor self-esteem, withdrawal from activities or people. Research has shown that continued stress can be detrimental to both mental and physical health.

It's important to acknowledge worries and fears, but not let them become overwhelming. Productively channeling worries and fears is important to good mental health. Worries can be useful in that they can propel us to take action and make choices. It's only when our worries become uncontrollable and unproductive that we need help. Sometimes setting aside a worry time for 15 to 30 minutes a day can help contain anxiety. This time should be used to specifically focus on fears and concerns, and could include writing a list of all the things that make you anxious. Keeping a personal journal can also be a safe place to express thoughts and feelings.

Staying informed about current events is important. However, frequent exposure to information about the economic crisis can lead to feeling

helpless, negative and terrified about the future. Parents should also be mindful as to what they're exposing their kids. While the economy will turn around, the impact on children from inappropriate messages can be permanent. Limiting the amount of exposure to sensationized news stories can lessen worries and allow free time for more pleasurable and productive activities.

When people are coping with chronic stressful situations they often feel isolated or alone. Having outlets to vent fears and concerns is imperative. People do need to be careful not to overwhelm each other with their worries about money, employment and the future. A diverse support system is ideal, and could include family members, friends, a support group, a community/spiritual organization, or a therapist.

Nobody knows when the economy is going to rebound. But starting today you can make yourself feel better by doing things that stimulate the senses and encourage awareness: get plenty of rest, eat well, go for a walk or hike, take a yoga/pilates class, join a book group, go to the beach, take a class, pick-up an old hobby, volunteer, go to a museum, garden, cook or bake, rearrange furniture, write letters, go to the book store or library, play with animals, play with children, dance, sing, take a bath, fly a kite, watch a funny movie, play a board game, knit or sew, join a sports team, play music, ride a bike, clean out the garage, wash/wax your car...

Concentra Medical Center

Now offering
URGENT CARE SERVICES

Accepting most insurances
Cash Discounts available

Hours of operation:
7a.m. to 7p.m.
Monday thru Friday

Call for any questions to
415.648.9501

728 20th Street
San Francisco, CA 94107



FOUNDED IN 1973

Grades K-8 • Small Classes
Challenging Academics • Multi-Cultural
Innovative Programs • Extended Care
Tuition Assistance

1387 Valencia Street
San Francisco, CA 94110

www.synergyschool.org
(415) 567-6177

POTRERO HILL REAL ESTATE

458 Arkansas Street

North Slope Beauty!

GORGEOUS
2-Bdrm 2-Bath
condominium
with straight ahead
Bay Bridge views!
Beautiful finishes,
remodeled Gourmet
Kitchen and Bath
and lovely warm light.
Beautiful private garden.



BONUS

Spacious rooms down, perfect
for an office or guest room.
Ready for move in!

\$949,000



Melinda Lee

POTRERO HILL SPECIALIST

For The Best of Potrero Hill

Call (415)338-0161

**COLDWELL
BANKER**

EXPERIENCE & EXPERTISE GO HAND-IN-HAND

Community Oversight of Area Plans Yet to Emerge

By Lisa Tehrani

Under the recently adopted Eastern Neighborhoods Area Plan, which rezoned large swaths of Dogpatch, Mission Bay, Potrero Hill, and Showplace Square, a Citizens Advisory Committee, or CAC, will be established to ensure citizen involvement in plan implementation. Regulations adopted last month state that the CAC is to be the "...central community advisory body charged with providing input to City agencies and decision makers with regard to all activities related to implementation of the Eastern Neighborhoods Area Plans." The thirteen member committee will be primarily charged with reviewing and overseeing development-related community improvement projects and commenting on Area Plan monitoring efforts.

CAC members will be appointed by Mayor Gavin Newsom and San Francisco Supervisors within the next six months. According to Ken Rich, Planning Department Program Manager for the Eastern Neighborhoods, procedures for applying for CAC positions have not yet been established. "We are going as quickly as we can to get the CAC in place," he stated.

The regulations specify that committee members must live, work, own property or a business in one of the four neighborhoods that fall within the Eastern Neighborhoods Area Plan. The Mayor will appoint five members, District 10 Supervisor Sophie Maxwell is responsible for four appointments, District 6 Supervisor Chris Daly has two appointments, and Districts 8 and 9 Supervisors Bevan Dufty and David Campos are responsible for one appointment each.

CAC members will be assigned either two or four year terms. The committee will sunset in 2020. Subcommittees can be formed to enable members to focus on neighborhood-specific issues if needed. The Planning Department will staff the CAC, though it's yet to

be determined what level of support will be provided.

Neither Maxwell's nor Newsom's office responded to *View* requests for a list of possible candidates. Potrero Boosters President Tony Kelly would like to see representation from Potrero Hill. "So many people would be good as appointments. We have a lot of architects and people involved in the [planning] workshops who would be great," said Kelly.

During the planning process that led to adoption of the Plan some community activists argued that there should be separate CACs for each neighborhood, given the abundance of community-specific issues. But the Planning Department's view that there should be a single CAC because there are several neighborhood-wide issues that need to be considered prevailed. "The CAC will have to help us prioritize the use of funding. We need to make inter-neighborhood decisions so there is no way there can be four separate groups," Rich explained. "We were very honest during the hearing process that the [Planning] Department is strapped for resources and there is no way we can manage four CACs."

According to Rich, few significant decisions will be made during the period in which the CAC is being created. "In terms of major decisions that might occur before the CAC is established, I don't foresee having to make any. In terms of project review, there are a few projects going forward," zzzRich stated.

Kelly would like the CAC to have a significant role in project review. "The quality of the feedback is going to be really important and needs to be considered seriously. It is definitely an important part and it is the only thing that could give accountability to the Planning Department's decisions," he said. However, according to Rich, "The CAC will not review individual development projects. They will be up to date on the projects being reviewed and will understand what is in the pipeline, but the CAC will not review them officially."



Inaugural activities at the Capitol



Audience members watch Barack Obama's inauguration ceremony

POTRERO CHIROPRACTORS & ACUPUNCTURE

Frank Gilson, D.C.
Doctor of Chiropractic



John Ellis, L.Ac.
Licensed Acupuncturist

"We Help Get your life back!"

415 431 7600 - 290 Division Street - Suite 400
San Francisco

www.PotreroChiros.com

Check us out on Citysearch.com,
Tribe.net, and Yelp.com

PROUD MEMBER OF:

Potrero Hill
ASSOCIATION OF MERCHANTS AND BUSINESSES

Pretzel's Yoga & Pilates

On the Hill Since 1996



\$90 for 90 Days

pretzelsyoga.com

415.626.YOGA

Dogpatch-based Business Offers Warmth to Go

By Paul Kelly

As the world becomes increasingly more gadget and gizmo orientated, Dogpatch-based Ardiea has created a system of portable power and heat that may revolutionize the outdoor apparel industry. Founded just five years ago, and located at the American Industrial Center on Third Street, Ardiea has designed a garment which caters for customers who want to combine technology, function and fashion.

Ardiea Enabled Outerwear have their own power system. The jackets can provide heat for three to nine hours, depending on the setting. They can also serve as a portable re-charging station, enabling users to re-power their cell phones, iPods and other battery-powered equipment via a Universal Serial Bus (USB). "People can now take their lives with them," said company director Hap Klopp. An outdoor enthusiast, Klopp founded the outer-wear giant The North Face in 1968. Several years ago Klopp realized that increasing numbers of people wanted to take their electronic gadgets into the wilderness, leading him to search for what he calls "heat on demand."

An initial application for Ardiea Enabled Outerwear is skiing. With the sport becoming an increasingly expensive hobby, Spokane native Klopp noted the amount of wasted time on the slopes putting on and taking off layers of clothing. "People are freezing on the chair lift and sweating on the slopes," said Klopp. "Our jackets eliminate the downtime."

Ardiea relies on a re-chargeable lithium-ion battery pack. Compared to nickel-cadmium batteries, lithium-ion is low maintenance, has a low self-discharge, and causes minimum environmental harm when disposed and properly recyclable. "We like to think of ourselves as environmentally

responsible," said Klopp, a Stanford University alumni. The battery pack is rough six by six inches, weighs 295 grams, and is concealed between the shoulder blades of the lightweight jacket. It takes three hours for the battery to charge fully. For convenience, the control panel is situated on the left breast, and operates with a simple press of the thumb. A USB port is integrated into each jacket, enabling wearers to charge any compatible personal electronics, including a Global Positioning System (GPS). As adventurers constantly push to the extremes, a GPS is now regarded as standard outdoor equipment.

The company is experimenting with a "trend-setter" program involving 200 athletes located at ski resorts in Vail, Colorado, Jackson Hole, Wyoming, and Northstar-at-Tahoe, California, among other places. "We've been getting great feedback so far," said Klopp. Ardiea plans to market the product in conjunction with leading outer-wear brands Mountain Hardware, Sitka and Red Wing Shoes, and hopes the line will be available by Fall 2009.

With funding from the United States Department of Defense, the company is also experimenting with equipment for those who live and work in extreme conditions. With energy costs steadily rising, the idea of heating individuals rather than buildings is being explored. "It's a very realistic possibility," said Klopp, alluding to the concept of wire-free heat regulation to suits, gloves and shoes. "Heat loss is primarily through the head, fingers and toes."

A tour along Ardiea's assembly line is reminiscent of a James Bond movie, where 007 is shown the latest knick-knacks. Project manager and design engineer Martin Corpos, a more affable version of the irascible Q, has worked on the jacket since joining



Ardiea's state of the art way of keeping warm. Photo courtesy of Ardiea.

the company in 2005. When a guinea-pig was needed, Corpos stepped up. In an experiment that involved sitting in a nearby Safeway freezer at four degrees Fahrenheit, a well wrapped but non-battery heated Corpos managed to last just over half an hour. After donning the heated jacket, he could bear the nearly sub-zero temperatures, at his ease, for more than an hour. "I brought a good book with me," laughed Corpos, pointing out that he also wore a woolly hat, extra gloves and socks. "Just in case."

With help from former The North Face designer Anne Hamilton, the jacket style will keep up with modern fashion trends. The company decided on orange and grey/black as the predominant colors for their product.

Orange was chosen for the logo, which is meant to resemble a spinnaker. "Printing orange can be tricky," said Corpos. "The margin for error is very small. A slight discrepancy is very noticeable." Depending on the style of jacket preferred, consumers can expect Ardiea Enabled Outerwear to add up to \$50 to the retail price of the garment. The personal power components will retail separately for \$145. The jacket will be machine-washable, after the battery pack is removed via a simple disconnection.

Ardiea's expectations for the jacket are high. The company brochure predicts: "No longer do you have to miss the big play because you are huddled around the heating unit in the causeway at the stadium." Green Bay Packers fans must be licking their lips in anticipation.

Rebecca Wilkowski Photography
Award-winning Weddings & Photojournalism
www.RebeccaWilkowski.com
(347) 413-4747

Get more from a cup of coffee.

You don't need a lot of money to have a great time at Farley's. For the price of a cup of coffee, you can enjoy live music, monthly art shows, stand-up comedy, and many other entertaining options. For the latest info on all of our free events, visit farleyscoffee.com.

FARLEY'S
community in a cup

1315 18TH STREET (415) 648-1545 WWW.FARLEYSOFFEE.COM

San Francisco Unified School District Serves Healthy Food to Students

By Lori Higa

San Francisco Unified School District (SFUSD) is turning the old saying "there's no free lunch" on its head. As a result of activist principals, parents and students, and with support from federally-mandated programs, SFUSD now serves some of the healthiest, freshest, tastiest and perhaps happiest meals in town, at low- and sometimes, no-cost. SFUSD provides meals to students at 34 preschools, 102 elementary, middle, and high schools, eight county/court schools and nine charter schools.

According to Nancy Waymack, the District's director of policy and operations, "No one gets a cinnamon roll for breakfast, the kind of food we ate when we were kids." Today's students have healthy food choices, including fresh fruit, salad bars and pizza with whole grain crusts, instead of junk food and sodas high in fat, sugar, and calories.

Gone are the days when students were given "carnival food like hot dogs, French fries, things you can eat with your fingers not a fork," said Dana Woldow, parent and co-chair of the Student Nutrition and Physical Activity Committee. Fatty, sugary foods have contributed to the obesity and Type Two diabetes epidemic sweeping the nation. The committee worked closely with Ed Wilkins, Student Nutrition Services director, to improve meals served at public schools. "Without Ed, I can say categorically we would not have the good school food we have today!" said Woldow. "He stood up to vendors, got them to get rid of trans-fat and made sure meals were packaged differently for us, so our kids didn't get the same crappy fried



Fresh fruits and vegetables on offer at a San Francisco public school. Photo by Nancy Wymack.

potatoes or turnovers that pass for nutrition in other districts."

"We in San Francisco are very fortunate to have active parent groups who do so much for our schools," said Waymack. "Everything from coming up with creative ideas to producing fund-raising events to support our programs."

All SFUSD elementary schools serve the same menu items, which vary daily and weekly. "Each meal has a number of nutritional requirements set by both the U.S. Department of Agriculture [USDA] and SFUSD's own wellness policy that guarantee a specific level of nutrition," said Waymack. Menus are announced every morning over SFUSD public radio station KALW, and can be found on the district's website.

Lunch includes a vegetable and milk. Students can purchase fresh fruits, water or fruit juice a la carte. Veggie dishes include chili,

bean burritos and grilled cheese sandwiches. Non-vegetarian entrées consist of chicken tetrazzini, turkey sandwiches and tuna noodles. Menu items are selected based in part on input from a student advisory council. "No more than 30 percent of the calories in any meal can be fat, and all food served is trans-fat free," Waymack said.

Salad bars are generally only available at middle and high schools, and are dispersed throughout the District. Eight elementary schools boast salad bars, including Starr King. Woldow doesn't think it's practical for younger students to have a salad bar. "It's harder for them to handle the tongs needed to pick up salad leaves, they don't have the motor skills developed yet," she said. As a result, elementary schools with salad bars need another adult to supervise. "Each school only gets one cafeteria worker, so there's no money for a second employee."

"Unfortunately for us," said Waymack, "SFUSD will never have what Berkeley has," which is the services of renowned nouvelle California cuisine food wonder Alice Waters. In addition, the Berkeley school district receives more state funds, an additional \$1.25 for each meal, than SFUSD. In the 1970s the state provided additional monies and food discounts to qualified schools, Waymack explained, financed through a Proposition 13 property tax override for school lunches which San Francisco voters declined to approve. "Unfortunately for us, if a school did not participate back then, they are not eligible now."

SFUSD serves 3.8 million lunches a year, and a little less than one million breakfasts and snacks. That's 22,000 lunches and more than 6,000 breakfasts daily. Meal prices are standardized through the District. "Breakfast is \$1.50 for all grades. Lunch is \$2 for elementary, \$2.50 at middle schools and \$3.00 at high schools," said Waymack. The district also subsidizes meal costs for students who qualify for reduced price or free lunches. SFUSD provides free meals

even to students who technically qualify only for "reduced price" meals. Any family who has experienced job loss is encouraged to complete an application reflecting the change in household income. It's never too late to fill out an application; families can apply for low- or no-cost meals at any time during the year. Applications are completely confidential and not shared with any other government agency.

The National School Lunch program was created after World War II, prompted by the number of many recruits that showed up at induction centers malnourished. "The National School Lunch and Breakfast Programs, through the USDA, regulate school meals as well as provide funds to support meal programs," Waymack explained. zUSDA provides \$2.59 per meal for students who qualify for free meals, \$2.19 per meal for students who qualify for a reduced price lunch and 26 cents per meal for students who pay for their meals. Historically the state has provided an additional 22 cents per meal. However, the state ran out of money last year, and didn't provide the expected 22 cents. This year the state has already announced that no funds will be available for the program, at a time when SFUSD may be facing upwards of \$25 million in cuts.

Waymack is quick to point out that federal funds don't cover entire meal costs, especially in a high priced area like San Francisco. While costs vary from region to region, the federal reimbursement is the same for all states except Hawaii and Alaska. Similarly, the income criteria for families to qualify for free or reduced price meals is the same in all lower 48 states.

Woldow, a San Francisco resident since 1977 who now lives in West Portal/West of Twin Peaks, got involved with SFUSD in 1992, when she was asked if she could help with everything from field trips to beautification. Her children were attending Aptos

Continued on Page 18

FRAMES on 3rd

- UNIQUE CUSTOM FRAMES FOR ANY BUDGET
- OVER 40 YEARS FRAMING EXPERIENCE

Tue-Fri 10-7
Sat 10-6
Sun 12-5
Closed Mondays

Now even more selection!

Come see our expanded frame line. All styles, all budgets.

- FAST TURNAROUND
- HUGE FRAME SELECTION
- SPECIAL ORDER PRINTS
- CUSTOM FINISHES CREATED TO MATCH YOUR ART & DECOR

→ 2500 3RD ST. (@22ND) ←
415.642.5600



Kids on the Block By Stacy Bartlett

Happy one year birthday, Finnegan! Our little man turned one on January 26th. How quickly the year whooshed by! Much love from Mama and Papa.



Ana Louisa Tetlow celebrates her fourth birthday on February 23rd. AL is seen here jumping for joy on Inauguration Day.



Potrero Kids at Daniel Webster students and friends gathered on the Martin Luther King holiday to fluff the elementary school's garden as part of President Obama's call to service. Pictured here are (l-r) Milo, John Haley, Fae, Cerise, Ana Louisa, Sadie and Summer.

Inaugural

Continued from Front Page



The SFGC at a pre-inaugural performance at City Hall. Photo by Bill Wilson.

*That's when we'll be free,
When every hand joins every hand
and together molds our destiny,
That's when we'll be free.
Any hour any day, the time
soon will come when all will live in
dignity,
That's when we'll be free, we
will be
When everyone joins in our song
and together singing harmony,
That's when we'll be free.*

We held hands during this song, which seemed to have been written for just this occasion.

One of the best parts about singing at the inauguration was that once we were finished we stayed seated on the steps right next to all

the governors, senators and members of congress. We were within 50 feet of President Obama. Listening to Obama's amazing speech and looking out onto the crowd that stretched to the Washington Memorial was inspiring. This experience has had a huge impact on me. I feel like I now really understand the import of Obama's presidency. Just as music fills me with hope and peace Obama has brought much needed hope and peace to millions of people throughout the world.

Josy Hicks Jablons is a Potrero Hill resident and eighth grader at The San Francisco School. She traveled to Washington with fellow Girls Chorus member Carla Tamayo, who also lives on the Hill and attends Urban High School.

Come and try our sumptuous new winter brunch menu created by Chef Lue Macann, fresh from New Zealand and contemporary of Jamie Oliver

501 Connecticut (at 20th)
San Francisco, CA 94107
415.824.JAYS (5297)
www.jayssf.com

Jay's Brunch Menu

- Bacon and Eggs**
Zoe's sensational crispy smoked bacon with organic eggs and toasted Acme bread \$9.50
- Eggs Bennie**
Perfect poached eggs with Zoe's crispy bacon, crusty Acme toast and the best hollandaise on the hill! \$11, with Smoked Salmon add \$2
- Jay's Fabulous Fry Up**
The works! Bacon and scrambled eggs with home-fried potatoes, grilled sausage, onion jam, roasted mushrooms and toast \$12
- Omelettes**
Golden Gate salami, peppers and onions or vegetarian-style with mushrooms, sun-dried tomato and goat's cheese \$11
- French Toast**
Warm and fluffy vanilla French toast, with vanilla-maple syrup, grilled banana and strawberry coulis \$9.50
- Granola**
Homemade organic granola with yogurt and fresh fruit \$7.50

New Winter hours of operation:
Monday to Wednesday 11am-3pm
Thursday and Friday 11am-7pm
Saturday and Sunday 10am-7pm

BAIL ME OUT
EAT PIZZA!

SAN FRANCISCO'S SOURDOUGH PIZZA SINCE 1975

Goat Hill Pizza

DELIVERY: 415-974-1303 PICK-UP: 415-641-1440
www.goathillpizza.com

Potrero Hillians Tell Their Birthing Stories

By Sarah Marloff

Eight Potrero Hill moms and one dad tell their birthing stories.



We'd planned for me to labor at home for as long as possible and to get to the hospital four or five hours before delivery. As this was my first child we expected a long labor. A few hours after we watched Obama give his acceptance speech at the Democratic National Convention my labor began. By 9 a.m. the contractions were getting pretty difficult, and in between the waves of pain we watched John McCain announce Sarah Palin as his running mate and her subsequent speech. By 10 a.m. we told our doula she'd better come over. By noon it was clear that things were starting to move quickly, and by 1 p.m. contractions were a minute apart or less and we were frantically gathering up our things to go.

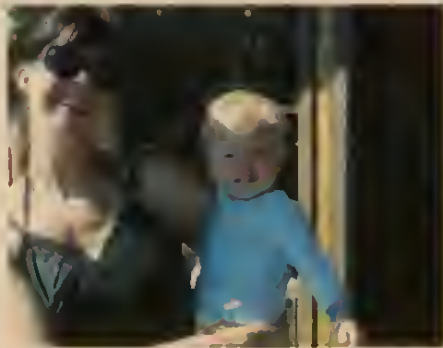
It was one of the excruciatingly hot days in the long heat wave we had at the end of last summer. I got down the stairs and out the front door, and on came another contraction. I dropped on the stoop, my husband Blair and Felicia (our doula) by my side. I remember the stoop's green painted wood, hot from the sun, burning my skin. Clutching my pillow and wailing at the top of my lungs, I saw out of the corner of my eye a neighbor walking their dog. Somehow I managed to get out of myself for a moment to think that we must have been a shocking sight.

The car ride was harrowing, with almost no breaks between contractions. The roads were congested with Labor Day weekend traffic, and the hospital was clear across town. Halfway there I had an overwhelming and uncontrollable urge to push. Despite Felicia's expert coaching I couldn't stop pushing. My wails of pain were now magnified by sheer terror as I had visions of pulling over on Fell Street and delivering in the Panhandle. I heard Blair say to Felicia in as calm a voice as he could muster "just tell me when I should start running these red lights." We arrived at California Pacific Medical Center around 1:30 p.m., and I stumbled out of the car and into the emergency entrance, barely able to walk. All delivery rooms were full, so they prepared to have me deliver in the triage room, fumbling to get an IV in me and to get the fetal heart monitor going. A few minutes later a room freed up and I was rushed upstairs. Again I had a self-conscious moment as my screams echoed through the hallways.

Attending now was the midwife, an obstetrician/gynecologist (OB/GYN), several nurses, our doula,

a doula in training, and Blair. The midwife gave me instructions in the brief moments between contractions, when I would quiet down. At one point he raised his voice alarmingly and I felt scolded by an angry father as he told everyone to stop talking; for me to only listen to him. I wasn't pushing correctly; the baby's heartbeat was dangerously slow. I needed to follow his instructions and push the baby out as fast as possible. He had me pushing during and between contractions. I was delirious with panic and pain.

Twenty five minutes after arriving at the hospital, a perfect baby boy with a full head of blond hair lay peacefully on my belly. - Ellen Dunne



I delivered at the University of California, San Francisco (UCSF) on the recommendation of my friend and doula, Amy Buzick. My son was born 10 days early and my water never broke, so even after a day of contractions I was unsure if his birth was imminent. I labored at home until I was overwhelmed, called Amy, and we went to the hospital as soon as she got to our house. We arrived at UCSF at 3:30 a.m., and my son Charlie Reno was born at 6 a.m. My husband Craig barely made it in time for the birth after parking the car and lugging in the birthing ball, the yoga mat, the candles, everything I'd packed thinking I was going to be laboring there for days.

I remember not really understanding that my son was about to be born even though I was being told that he was almost there, and the room breaking into cheers and claps when he was born. I'd had no idea, but the room was full of nurses and students who came in to see the "natural birth." This sounds terrible - I was convinced beforehand that I would want no one in the room except Craig and Amy and the midwife - but I had *no idea* that there were that many people in the room until after Reno was born. After he was born I was so high and happy that it seemed appropriate that all these people were cheering for us, and it never occurred to me to be embarrassed or self-conscious.

We loved the hospital stay: the nurses, the lactation consultants, the visiting pediatricians. Nobody minded our friends and family bringing in champagne. We got to visit while having round the clock tech support. We had a great birth, I am so grateful! - Annabrooke Temple.

My partner is a former registered nurse, so we wanted a hospital birth from the start. I had no dreams of a perfect birth, just a wish for myself and my baby to end up healthy,

especially as I was of advanced maternal age. My daughter ended up being huge; a week overdue with no sign of dropping, so my OB/GYN decided to induce. We had conceived via donor sperm, so we knew exactly when conception happened and there was no question about the due date. Unfortunately, induced labors are last priority, so we had to call in periodically and see if there was a bed. We ended up checking in at 7:30 p.m. for a 9 p.m. induction. Nobody was too thrilled about me being in labor all night, but it was a busy weekend! So the pitocin went in, and at some point I got a yummy shot of something that made me dreamy and giggly.

By the wee hours I was having violent contractions. I eventually lost control of the labor, which seems to happen with pitocin, and all I remember is feeling like I was being thrown at a barn wall over and over, until a nurse came in and dragged me to the shower to break the pain cycle, and they gave me my epidural. By that evening I had dilated only three centimeters, and when the chief of residents came in to gently suggest that a Cesarean (C)-section was in order, I was vastly relieved. My daughter Caroline was born at 9:05 p.m. at eight pounds 14 ounces after 24 hours of hard and useless labor. Her cord was wrapped around her neck twice, so it's just as well she didn't come the usual way. Her birth was high-tech and not exactly a Hallmark moment, but she's perfect. - Beth Freeman.



We have two children, born in 2006 and 2008 at UCSF. With Rosa, I labored at home with my doula and my husband for most of the preceding night and day. My waters broke at around 4 p.m., and at about 5 p.m. we decided to go to the hospital. I ended up going through the most intense, transition phase of labor in the back seat of our Subaru! When I got to the hospital I was thrilled to find that I was nine centimeters dilated, though I had become quite dehydrated. They gave me intravenous (IV) fluids, and I asked for gas and air [nitrous oxide] for pain relief. This treatment is used routinely in the United Kingdom, where I am from, but rarely applied in the United States. I used a birthing stool for the pushing part of labor, taking breaks to eat mango sorbet for energy. It took about 40 minutes for Rosa to crown, at which point they asked me to get up onto the bed for the delivery. Out she flew, six pounds, 12 ounces, tiny and perfect in every way.

Bjorn was 10 days late. But when he was ready to come out he was emphatic about it. When my

water broke we headed straight to the hospital, to avoid the frantic 'We're about to have a baby in the car' experience. When I arrived at UCSF I was able to focus on the panoramic views from the 15th floor, and use their jacuzzi tub to manage the contractions. I had another wonderful doula, and with her support I was able to forego even the gas and air this time. She kept me hydrated with energy beverages, so I didn't need to have an IV. Our calm and experienced nurse brought out the birthing stool, and gave the medical residents attending the delivery the confidence to get down on the floor and assist me in delivering him right there on the stool. Bjorn arrived after about 10 minutes of pushing, all eight pounds, six ounces of him. - Maria Wilson.



My story begins with the birth of my son, Max, now a five-year-old ray of sunshine. After a glorious pregnancy with no illness and many delightful firsts, I was induced at 18 days past due. Thirty-two hours, seven nurses, four OB/GYNs, a pack of interns, a birth plan out the window and a C-section later, Max was born. I was able to lay eyes on him nine hours later, dying to get home after three long days. He was big, beautiful and the best first baby anyone could ask for. Admittedly, navigating the highs and lows of first-time parenthood was at times tough because that birth experience left me with the question, "How did we end up with that?" what felt like a heavy boulder I quietly carried in my chest.

When I got pregnant the second time, nauseous through the first trimester, I decided I wanted to try for a vaginal birth after cesarean (VBAC). After several interviews with OB/GYNs, doulas, hospitals, birth centers and finally a midwife, all signs pointed to a homebirth. I researched and delved deep, willing to try anything that would up my chances of a successful VBAC, including prenatal yoga, chiropractic, acupuncture, massage therapy, psychotherapy, hypnotherapy, well-guided nutrition, exercise, and meditation/visualization.

My daughter Eva was born early on a wet, Spring day in April, two years and eight months after my

Continued on Page 20

Shopping Center

Continued from Front Page

revenue reductions are hard to make up through cost-cutting. "We try to hang on [to our employees] best we can," said Terry, and with Valentines Day this month they won't be letting anyone go. "Besides, management [for the center] is good about understanding things like late payments...and they are working hard to fill the Shoe Pavilion spot," Terry said

Wolf Camera manager Shanna Doherty successfully fought to keep all her workers, and so far the store has experienced "no lay-offs at this location; thank God!" But Ritz, owner of Wolf among other camera stores throughout the country, has made significant cutbacks elsewhere. Several San Francisco stores have closed, including in the Castro and Marina. At the Potrero Shopping Center business hours have been shortened. Last year the store was open from 9 a.m. until 8 p.m.; now it's 10 to 6 "which hurts people's hours. We've also been cutting back on supplies even. There's no extra stuff anymore," said Doherty.

Other center businesses, like Blockbuster, haven't seen many changes. According to store manager Alex Rodriguez, the Potrero Shopping Center location is "doing a little better than most." Though the common phrase at center businesses is that "everyone's feeling it a little bit," movie rentals are an inexpensive form of entertainment. "It depends on the area. Certain demographics get hit harder than others." Rodriguez shrugged, "We're still seeing a fair amount of customers, though their selections might've changed from new releases to old but we've had no cutbacks on workers or hours."

Ross's store manager, Giovanni Nibign, feels the same way as

Rodriguez. According to Nibign, January is retail's slowest month "right now is the same as last year. We haven't really seen a huge decrease in sales and we are still meeting our daily and monthly expectations." The store was indeed busy one recent Friday afternoon, with more than a dozen people waiting in line. The store hasn't reduced its employee hours or laid anyone off.

A Radio Shack sales associate admitted to knowing that the corporation's stock recently rose. And while over the holiday shopping season demand was low for big ticket items, smaller items continue to sell. "People are going to need certain things, they're still coming here to shop for that stuff," said the associate, who preferred not to be named. The sales associate wasn't concerned about the possibility of lay-offs or loss of hours.

AAA Auto Insurance is one of the newer businesses at the Potrero Shopping Center, having opened in November 2007. When asked if they'd been affected by the economic lull, employee Louis Prieto had a mixed response. "There have been people coming in and canceling their insurance plans but there's also been a lot of new vehicles and sales. It's a balance." And while managers have been laid off, there have been none "here in sales" Prieto said with a smile.

Managers at Safeway and Jamba Juice said they weren't at liberty to discuss economic conditions. However, several Safeway customers were overheard talking about the closure of Oakland-based Mother's Cookies. While it doesn't look like any other store in the Potrero Shopping Center will be shutting their doors anytime soon, everyone seems to be feeling the economic slump, even if it's just a bit.

L. Ann Wieseltier Passes

By Julie Chimenti

L. Ann Wieseltier, long-time Potrero Hill resident, passed away peacefully at her Texas Street home on December 31, 2008, with her loving husband and partner of 34 years, Bill Barr, and faithful dog, Mugsy, at her bedside. During their time living in the City Ann and Bill always resided on the Hill. They started in the mid-1970's on Kansas Street, bought their first house at the bottom of Mississippi Street, and finally landed at their home on Texas Street.

Ann's office was on Wisconsin Street. She specialized in tax preparation and accounting for artists of all kinds. She was general manager of the old Magic Theater, and was instrumental in procuring grants that allowed the Magic to move to its current home at Fort Mason. Ann was also one of the founders of the Bay Area Playwright's Festival. For 33 years she helped musicians, actors, artists, photographers, and dancers be successful through her financial expertise and deep sense of caring. She always looked forward to tax season as an opportunity to reconnect with people who were more like friends than clients.

Another Hill alumni, musician and bandleader, Dick Bright wrote, "She was phenomenal supporter of the arts and artists," describing her as



"a dear friend for 36 years." Ann loved the Hill, and was thrilled to be able to walk to Farley's Café, Hazels and Goat Hill Pizza, who were also a few of her Hill clients. She gladly traded work for yummy treats, sandwiches, thin crust pepperoni pizza (well done, almost burnt - they knew her well at Goat Hill). Ann loved animals. She proudly participated in Farley's Pet Parade, first with Scout and then with her current dog, Mugsy.

Ann's presence on the Hill will be sorely missed. She leaves behind countless friends and colleagues. There will forever be a void in their hearts.

INSTANT GRATIFICATION

SAVE UP TO 35% ON
CAR INSURANCE RIGHT NOW

Why wait to save money? Call any of these State Farm® agents any time day or night for a free quote or to purchase car insurance.

Call a State Farm agent's office 24/7.

FOR MORE INFORMATION ABOUT CAR INSURANCE, CALL ONE OF THESE AGENTS BELOW



Dave Stewart Ins Agcy Inc
Dave Stewart CLU ChFC, Agent
Insurance Lic. # 0F65235
www.davestewartfs.com
Bus: 415-982-9033



Jake Stewart, Agent
Insurance Lic # 0E85157
821 Folsom Street, Suite 101
San Francisco, CA 94107
Bus: 415-982-9033

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.®

Providing Insurance and Financial Services

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
Insurance and discounts subject to qualifications

PO60143CA 03/07

99 MISSOURI STREET @ 17TH . 415.433.2724 . WWW.ARCHSUPPLIES.COM

STORE OF THE ARTS
ARTIST & DESIGNER'S SUPPLIES AND TOOLS
FANCIFUL GIFTS & TOYS
MON-FRI 9-6 . SAT 12-5 . FREE PARKING

Center Offers Options to Women

By Deia de Brito

Nineteen years ago Eleanor Drey was teaching English to high school students. Today, she's an associate clinical professor of obstetrics-gynecology (OB/GYN) at the University of California, San Francisco (UCSF), performing caesarean sections, hysterectomies, Pap smears and abortions. Dr. Drey has also served as the Medical Director of San Francisco General Hospital's (SFGH) Women's Options Center for the past half-decade.

In 1990, at the age of 30, Drey quit teaching English to attend Harvard Medical School. She went on to complete her OB/GYN residency at UCSF. "I was an urban public school teacher for the same reasons I went to medical school. I care about people who are most vulnerable," said Dr. Drey.

Abortion services have been available at SFGH since 1976, originally as part of the outpatient women's clinic. But with increasing demand for services, roughly 10 years ago the clinic acquired its own space and its current name. There's a second Women's Options Center at Mt. Zion Hospital.

Women's Options Center accepts Medi-Cal, private insurance, and self-pay. Self-pay abortion costs are relatively low, said Drey, and most of the center's patients are covered by Medi-Cal. "What's wonderful in California is that Medi-Cal will fund

your pregnancy services whether you get prenatal care or decide to end the pregnancy. Medi-Cal will help fund abortions. That includes pregnancy and abortion services for undocumented immigrants," she said.

But Medi-Cal provides low reimbursements, said Drey, which impacts the clinics' willingness to accept Medi-Cal patients. According to Access, an Oakland-based abortion services referral center, roughly three-quarters of the 205 abortion clinics in California accept Medi-Cal patients. However, only a handful of these clinics provide abortions late in the second trimester of pregnancy. "A lot of clinics that accept Medi-Cal go to the first trimester, but fewer go to the second trimester. But that doesn't mean they'll see someone that is high-risk," said an Access representative.

Women's Options Center is among the less than a dozen high-risk abortion clinics in the state. As a result, many of the center's patients come from northern or central California towns and cities that don't provide the reproductive services offered at the center. Occasionally women seeking abortions travel to the center from other states or countries. "We're one of the safety nets for women who need our services," Drey said.

Measures regularly appear in the state legislature, or on the state ballot, to cut Medi-Cal funding for abortions, or limit the number

of abortions covered per person each year. According to Planned Parenthood, "Each year, a number of bills designed to create barriers or limit access to abortion services are introduced. Areas this legislation has covered include 'informed consent', abortion reporting, insurance coverage, student fees, pathology reports, 'fetal pain', fetal license plates, sex selection, fetal tissue research, late term abortions." Last year's state ballot measure, Proposition 4, which lost by a four percent margin, would have amended the California Constitution to require parental notification for teenagers seeking abortions. If a parent wasn't present, it would have required patients to write an abuse report about the absent parent, which doctors – as mandated reporters – would be forced to submit to Child Protection Services, the police, and to the substitute adult. Patients would be allowed to obtain an abortion only 48 hours after the doctor submitted the report. The only way the patient could have avoided this process would have been to get a waiver from a judge. This proposition could have greatly complicated teens' ability to get abortion services promptly, which could have increased their medical risks.

Drey is concerned about the needs of politically vulnerable women, such as immigrants and those with low-incomes, who need second trimester abortions, and who frequently face challenges accessing care. Eighty-eight percent of abortions in the United States occur during a pregnancy's first trimester, through 13 weeks. But the Women's Options Center provides a large number of second trimester abortions. According to Dr. Drey, it's much harder to find a provider to terminate a pregnancy during the second trimester, which is why many of those patients come to Women's Options Center. "The majority of second trimester patients didn't learn they were pregnant until they were in their second trimester. Some of them never missed a period or had morning sickness. It's harder to find childcare or get days off work [for a two-day procedure]. All of the logistical aspects of accessing healthcare are harder for women without much money," she said.

Abortion after the second trimester is illegal in most states. California law limits abortion to fetuses before viability, or the ability of the fetus to survive outside of the uterus, which has been capped at approximately five months.

Because of its location in SFGH's trauma center, Women's Options Center sees a significant number of high-risk patients. "We are able to

take care of the highest risk, sickest women. We have a lot more support for them medically," Drey said. Many clinics across northern and central California refer patients with a high-risk for bleeding to the center. High-risk problems that can contribute to bleeding include diabetes, high blood pressure, and thyroid problems, as well as patients who have used so many needles that no veins are visible to place an IV. Drey also attributes some of the high-risk factors to an increase in caesarian sections, which significantly raises the likelihood of increased bleeding later on during an abortion or future childbirth.

"We see a really diverse patient population," Drey said. Women's Options Center staff reflect the cultural and racial diversity of its patients: one-third Latina, one quarter African- or European-American, and 10 percent Asian-American. With 14 supervising physicians, resident physicians – who can perform only under the direct supervision of physicians – nurses, counselors, multi-lingual medical interpreters, and phone receptionists, the center may be the largest and best-equipped abortion clinic in the Bay Area.

And if an abortion patient wants to pray with a clergyman, SFGH provides a chaplaincy service. "Our counselors are excellent at pregnancy options counseling," Drey said. Patients who decide to proceed with their pregnancies can get referrals to prenatal care; patients who end their pregnancy can leave the clinic with the contraceptive method of their choice. Most patients having abortions had been using contraception that failed and are looking for a reliable method.

It's very much about the woman's choice, according Drey. "We've had parents bring in their teenage daughter only to find out that she doesn't want an abortion, but we only provide services to women who want them, free of coercion. No one wants to come to an abortion clinic. Most women we see already have children and they feel they just can't have another baby. They feel they have to do it for their families, even if they don't believe in it."

Last month UnitedHealth Group and PacifiCare awarded the center \$164,360 to support reproductive health services, health training programs and technology upgrades.

However the latest threat to abortion access is Mayor Gavin Newsom's proposed 25 percent cut to the City's public health expenditures. "We don't know how the budget cuts will impact the clinic," Drey said. "But we are trying to be as cost-effective as we can be."

TIRE SALE HANKOOK SUPER VALUE RADIALS



835

• P-Metric,
75 and 80
Series.

• A smooth
riding, all-
season tire
with a great
warranty.

UNBEATABLE
PRICE!

P155/80R13

\$34.95

whitewall

60,000 MILE LIMITED WARRANTY!

GREAT PERFORMANCE!

- * Road Hazard Warranty
- * Free Replacement Limited Warranty
- * 320 BC Rated
- * FREE TIRE ROTATION

Leo's Tire & Brake

2230 3rd. Street, San Francisco
Hours: M-F 8-6

Phone: 861-4300

- * ALIGNMENTS
- * BALANCING
- * TIRE CHAINS
- * WHEELS

FENCES DECKS AND STAIRS

New Construction Repairs and Refinishing

Serving San Francisco Neighborhoods For 20 years

415 282 5406

CSL#888938

Licensed Bonded Insured

arts

& ENTERTAINMENT

February 2009

February 4 & 11

Kids: Art after School at the de Young
Bring your kids to the de Young's free after-school class for children in the first grade. Art after School offers an in-depth exploration of world cultures through the museum's extensive collections of art from Africa, Mesoamerica, Oceania, and North America. Through careful observation and engaging art activities, these classes explore the connections between the visual arts, language arts, and social studies. The class supports the California state standards for first grade. Classes meet twice and are free. Children are expected to attend both sessions. To enroll, send e-mail with child's name, grade, address, e-mail address, and parent/guardian name to: elewmorris@famfsf.org. Wednesday from 4:00 PM - 5:30 PM. Kimball Education Gallery at the de Young (50 Hagiwara Tea Garden Drive, San Francisco's Golden Gate Park). For more information: E. Lew Morris at 415.750.3658 or elewmorris@famfsf.org.

February 5-6

Community: Second Annual Iranian Literary Arts Festival

Honoring poets of the Iranian diaspora on the 30th anniversary of the 1979 Iranian Revolution, this festival features Iranian poets Ziba Karbassi, Granaz Moussavi, Majid Naficy, Partow Nooriala, and Abbas Saffari. The festival opens on Thursday with a roundtable discussion of the future of diaspora literature by poets whose works appear in the new anthology, *BELONGING: New Poetry by Iranians Around the World*. Other guests include San Francisco Poet Laureate Jack Hirschman and Isabelle Thuy Pelaud, professor of Asian American Studies at SFSU. Friday's events include poetry readings and screenings of multimedia theatrical works from the Translation Project. All events are free and open to the public. Thursday at 6:30 p.m. at 800 8th Fort Mason (Fort Mason Center Building C, Room 165). Friday at 6:30 p.m. at Friends of the SF Public Library's offices (391 Grove Street at Gough Street). Advance registration is recommended. For more information, please contact Niloufar Talebi at 415.269.7606 or editor@thetranslationproject.org or visit www.friendssfpl.org.

February 10

Community: Storytelling: Stories of the Heart.

Spend your evening at Farley's listening to storytelling, poetry, and spoken word featuring Bill Alvarado, Kate Frankel, Marie Minder, Leigh Radtke, Susan Ford and Ron Jones. Bring your own materials for an open mic session following the main program. Tuesday at 8 p.m. Farley's Cafe, 315 18th Street.

February 13-15

Community: San Francisco Writers Conference

If you only go to one writers' conference this year, attend the one that truly helps you get published. The 2009 Conference will feature nearly 100 agents, authors and editors in a stellar set of opportunities for writing advancement. Keynote speakers include Pulitzer Prize winning author Jane Smiley (*A Thousand Acres*), and bestselling authors Richard North Patterson (*Conviction*) and Lolly Winston (*Good Grief*). From start to finish, the San Francisco Writers Conference is designed to help you "Build Bridges to Better Tomorrows." Friday, Saturday and Sunday at the InterContinental Mark Hopkins Hotel (One Nob Hill, California & Mason Streets). Conference registration fee is \$645. For event details and on-line registration visit: www.SFWriters.org.

February 1 - 20

Art: Brian Wasson

Potrero Hill's Ping Pong Gallery is pleased to present its second solo exhibition with Brian Wasson, "Last Wash." The collection of works in this exhibition, circle around ideas of excess, solace and time. Constructed from many personal experiences, Wasson's photography, sculpture, painting, and mixed media suggest to the viewer one possible approach to interpretation: "Start every day with a smile and get it over with." (W.C. Fields). Show runs from February 1 - 20. Ping Pong Gallery, 1240 22nd Street (between Mississippi and Pennsylvania Streets). For more information: 415.550.7483 or email info@pingponggallery.com or visit www.pingponggallery.com

February 21-22

Music: Pacific Collegium Chorus and Orchestra

Christopher Kula conducts a premiere ensemble of Bach vocalists and instrumentalists in colla parte performances of the full cycle of this consummate Bach oeuvre, from his revered masterwork *Jesu, meine Freude* BWV 227 to the spectacularly virtuosic *Singet dem Herrn ein neues Lied* BWV 225. In addition to the more well-known six motets, BWV 225-30, Pacific Collegium will perform the lesser-known double-choir motet *Ich lasse dich nicht, du segnest mich denn* BWV-Anhang 159. \$40 preferred seating, \$25 general admission, \$20 for seniors, \$10 for students and music professionals. Saturday, 8 p.m. St. Gregory of Nyssa Episcopal Church, 500 De Haro Street; Sunday, 4 p.m., St. Paul's Episcopal Church, 114 Montecito Avenue, Oakland. Information: www.pacificcollegium.org

February 24 - March 1

Music, Film & Art: 2009 Noise Pop Festival

It's time once again to welcome the annual indie entertainment extravaganza of Noise Pop to our fair city. The ambitious, much-anticipated line-up of art, film and music includes Antony & the Jonhstons and Stephen Malkmus, Johnny Cash and Gogol Bordello documentaries, and a local indie design fair. As usual, Bottom of the Hill will be one of the festival's many venues, hosting bands like Sleepy Sun, No Age, and From Monument to Masses, among many others. For 17 years, the good folks at Noise Pop have been bringing us emerging artists and underground legends alike. Check out the line-up for a show or two, or buy an all-festival pass and sample a little of everything! For more information and tickets, visit www.noisepop.com.

February 25

Music: Terry Haggerty and Randy Craig.

Swing by for a night of wild & crazy jazz improv with Bay Area legends Terry Haggerty, guitar (Sons of Champlin) and Randy Craig, piano (Pickle Family Circus, The Mime Troupe). Wednesday at 8 p.m. Farley's Cafe, 315 18th Street.

February 28

Community: Blues, Beer & BBQ

Join the Potrero Hill Neighborhood House for this fundraising event featuring the legendary Blues great, Bobby Webb & the Smooth Blues Band. Enjoy an evening with your neighbors full of wonderful local food, beer, music and raffle prizes. Saturday from 4:00 to 9:00 p.m. Tickets are \$20 and include dinner. Potrero Hill Neighborhood House, 953 DeHaro Street (between Rhode Island & Carolina Streets). For more information, contact Jean Cosby at 415.826.8080.

March 2

Art: Water

Check-out a local artist at a popular Mission eatery. Ten percent of the evening's proceeds will be donated to San Francisco Community Power. 9 p.m., Andalu, 3198 16th Street.



Earn 3 college credits in art or creative writing at CCA's beautiful Oakland campus (near Rockridge BART). Eligible students have just completed grades 10, 11, or 12. Apply for scholarships and housing!

CALIFORNIA COLLEGE OF THE ARTS

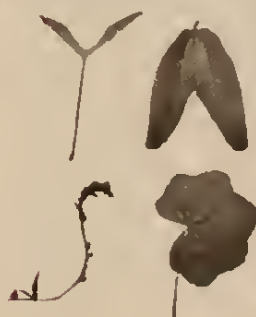
PRE-COLLEGE



FOUR WEEKS SUMMER 2009
JUNE 29-JULY 24

FOR MORE INFORMATION VISIT
WWW.CCA.EDU/PRECOLLEGE OR CALL 510.594.3638
PRIORITY DEADLINE: MARCH 20

CCa



young artist
studio program

california college of the arts / summer 2009

two-week programs in oakland and san francisco
call 510.594.3710 for a brochure
www.cca.edu/yasp

ALL-DAY PROGRAM / \$630
OAKLAND / JUNE 15-26
OAKLAND / AUGUST 3-14
SAN FRANCISCO / AUGUST 3-14

HALF-DAY PROGRAM / \$345
OAKLAND / JUNE 15-26

CCA's Young Artist Studio Program (YASP) is an exciting, intensive studio experience for students who want to explore the visual arts in a professional art-school setting. Eligible students have just completed grades 6, 7, or 8. Scholarships are available.

CCa

The View Needs You

We need writers, editors, and gossip-mongers. We'll also take artists, cartoon writers, and photographers.

We'll even consider poets.

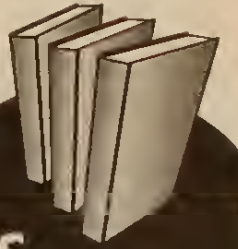
Little, if any, pay, no benefits, but plenty of love.



Mandy Wilczynski appears in *SF Follies*, an original musical revue that takes a wicked wink at San Francisco's past. The show runs from February 6 to April 5 at the Actors Theatre, 855 Bush Street. See www.sffollies.com for more information. Photo by Ryan Montgomery

POTRERO BRANCH 1616 20th STREET 355.2822

Tuesday 10 am - 8 pm, Wednesday 12 noon - 8 pm
Thursday 10 am - 6 pm, Friday 1 pm - 6 pm
Saturday 1 pm - 6 pm
Sunday and Monday CLOSED



LIBRARY NEWS

Lia Hillman, Potrero Branch Manager
Therese Cason, Mission Bay Branch Manager

Interim Services during Potrero Branch Closure

Bookmobile service will be available on Tuesdays from 2:30 p.m. to 5 p.m., and Thursdays from 10 a.m. to 12:30 p.m., on the north side of 1502 Mariposa Street, adjacent to the Jackson Park Recreation Center building. Services include borrowing, returning, reserving or picking up materials, and obtaining or renewing a library card.

Storytime for children, from birth to five years old, will be offered at 10:30 a.m. on February 5, 12, and 21, at St. Teresa's community hall, Connecticut and 19th streets. Enter on Connecticut Street.

Thursday, February 26 at 10:30 a.m., the Fratello Marionettes will perform *Vaudeville Follies*, a marionette variety show presented in the spirit of the old time music hall. Suitable for children of all ages; St. Teresa's community hall, Connecticut and 19th streets.

Check out <http://potrerolibrarysfpl.blogspot.com>, which provides a forum for sharing updates on building progress, library programs, community events, and other news while our beloved branch is closed for renovation.

Potrero Library Campaign

The Potrero Neighborhood Library Campaign Committee meets monthly to discuss fundraising strategies and progress. The next meeting is Thursday, February 12 at 6:30 p.m. If you'd like to join the campaign committee, please contact Tina Tom at Friends of the Library 626.7512, extension 106; tina.tom@friendssfpl.org.

Mission Bay Branch

The Mission Bay Library is located at 960 Fourth Street, at Berry, near AT&T Park. The library is open Tuesdays and Thursdays 10 a.m. to 6 p.m.; Wednesdays noon to 8 p.m.; Fridays and Saturdays 1 p.m. to 6 p.m.; and Sundays 1 p.m. to 5 p.m. The Muni N and T lines are a block away, at Fourth and King streets, and street parking is on Channel Street, also a block away. The branch phone number is 355.2838.

The Mission Bay Branch Library offers a variety of adult and children's programming, including:

Thursdays, 10:15 a.m. and Fridays 4 p.m. Baby/Toddler Lapsits for ages birth to three.

Thursdays, 11 a.m. Preschool Storytime, for ages three to five.

February 7, 4 p.m. Armchair walk of Mission Bay. Join City Guides tour leader Rob Spoor for a "brisk sit" through the remarkable Mission Bay neighborhood. From a placid bay fished by ancient settlers to the biggest construction project since 1906, Mission Bay has been an integral part of the growth of San Francisco.

February 25, 6:30 p.m. Children's Yoga. Certified yoga instructor Tatjana Rmus will lead a yoga class for preschoolers, ages three to five, and their parents or caregivers. Bring a mat or a towel. Space is limited. Call 355.2838 for reservations.



The lights are on in San Francisco real estate.

Day after day, we're inundated with headlines about the market. It's great to know that San Francisco doesn't fall into these generalizations. As a city of neighborhoods, our market is like our climate; it varies from one neighborhood to the next and changes constantly. With 30 years of experience in San Francisco, and offices throughout the City, our seasoned professionals are here with a fresh perspective to guide you through the challenges and rewards that lie ahead.

Zephyr Real Estate.

We're all about San Francisco.

www.zephyrsf.com



Potrero Hill • 415.315.0105
South Beach/SOMA • 415.905.0250
Noe Valley • 415.695.7707
Upper Market • 415.552.9500
Upper Market/Castro • 415.552.9500
West of Twin Peaks • 415.731.5000
Pacific Heights • 415.674.6500

TILE SETTING

CERAMIC
NATURAL STONE
PORCELAIN AND GLASS

OLD WORLD CRAFTSMANSHIP 21ST CENTURY TECHNIQUES

Serving San Francisco Neighborhoods For 20 Years

415 282 5406

CSL # 888938

Licensed Bonded Insured

School Lunches

Continued from Page 11



A San Francisco Unified School District student painting.

Middle School at the time, near City College of San Francisco's main campus. She remembered the day a new principal arrived at the school, who was welcomed in a particularly undiplomatic way by the then head of student nutrition. "The principal asked if the school could stop selling soda and junk food in the cafeteria. The response was 'No you can't stop doing that and if you ask again, I'll make sure you lose your job.' The principal was so taken aback she came to me and asked what was going on. I said I don't know but if I'll be happy to look into it for you."

A decade ago, according to Woldow, "school food was a vast wasteland, no one objected, no one did anything even though obesity was an issue that had been talked about...I knew the schools were selling garbage to our kids but I didn't ask, it wasn't a concern to me because I made lunch bags for my two children and they liked that. Schools needed money; that's why they sold junk food. They mistakenly believed that junk food was the only food kids wanted to eat, or would buy."

SFUSD's healthy food revolution started when a number of teachers, parents and principals came up with the idea to conduct a pilot program at Aptos in 2002. The Board of Education considered a resolution to eliminate junk food from cafeterias, and studied the financial feasibility of providing healthy food instead. The resolution removed junk food and drink from cafeterias and vending machines. "We got it approved by then superintendent Arlene Ackerman because we suggested it would be a way to track the financial impact of removing junk food," Woldow recalled. The pilot launched in January 2003. By March the cafeteria, which had been running a deficit, was breaking even, and by June it was profitable. "We demonstrated that kids like healthy food and that it can make money," said Woldow.

A committee of 45 parents, teachers and community members were tasked with developing a wellness and nutrition policy after the Board passed a resolution mandating it. The policy was enacted in the 2003-2004 school year, recalled Woldow.

"We replaced a la carte items in the revoltingly named 'beanery,' which sold chips, sodas and disgusting entrees like chicken wings and hot links," Woldow explained. "We got rid of sodas and junk food, replacing them with water, milk, fruit juice, deli sandwiches, salad, soup; foods kids wanted."

By the 2006-07 school year, the state Child Nutrition Act authorized every school district to have a wellness policy. Parents quickly helped bring together health care professionals, community members and school staff, putting SFUSD ahead by three years of other districts in implementing the policy. For the 2008-09 school year, more changes have been approved, including offering whole grain bread and brown rice.

Woldow helped secure a \$60,000 grant from the California Department of Education to provide Balboa High School students with free fresh fruits and vegetables and "grab & go" breakfasts, with more than 2,700 fruits distributed twice a week. At Lowell High School Woldow worked with students to produce posters which compare the costs and nutritional value of SFUSD food with fast and junk foods available off-campus. "The fruit program at Balboa requires an enormous amount of time," Woldow admitted. Had she known how much work it would take, "I would never have agreed to administer it. I don't think I will ever do that again, but I expect to continue to work on other, less labor intensive projects to improve school food for as long as I am needed."

The question now is, "Can we continue with the healthy foods program in the face of these budget cuts?" Woldow said. Meals with healthier ingredients, such as whole grains and brown rice, cost more. SFUSD's food vendor, Preferred Meal Systems, serves more than one million meals a day statewide, with just 22,000 delivered to San Francisco. They have to re-tool their production line and make the District's meal separately. "That costs more, too," Woldow said.

No- or low-cost meal applications are available at each school or by calling 749.3604.

GETTING INVOLVED



Dogpatch Neighborhood Association usually meets the second Tuesday of each even-numbered month. The next meeting is **February 10th**, at Sundance Coffee on Third Street at 20th Street from 7 to 9 p.m.

Potrero Boosters meets the last Tuesday of each month at 7 p.m. (social time begins at 6:30 p.m.) in the wheelchair-accessible Game Room of the Potrero Hill Neighborhood House, 953 DeHaro Street. For more information, visit www.potreroboosters.org or contact President Tony Kelly at 341.8040 or president@potreroboosters.org. Next meeting: **February 24th**, 7 p.m.

Potrero Hill Association of Merchants & Businesses (PHAMB) meets the second Tuesday of each month at 10 a.m. at Goat Hill Pizza, corner of Connecticut and 18th streets. Visit www.potrerohill.biz or call 341.8949. Next meeting: **February 10th**, 10 a.m.

Bayview Police Station Captain's Community Meeting is held on the first Tuesday of each month in the Bayview Police Station Community Room at 201 William Street. Access can be gained by entering through the Newhall Street door. Next meeting: **February 3rd**, 6 p.m.

Potrero Hill Democratic Club meets the First Tuesday of each month at 7 p.m. at the Potrero Hill Neighborhood House, 953 DeHaro St. For more information, call 648.6740, www.PHDemClub.org. Next Meeting: **February 3rd**, 7pm.

Potrero Hill Garden Club usually meets the last Sunday of the month at 11 a.m. for a potluck lunch in a local home or garden. Discussions are held on subjects related to organic, edible, or ornamental gardening appropriate for Potrero Hill's microclimate. Call 648.1926 for details.

Don't Want to Move a Muscle?
Have the View delivered to your home
Just \$36 a year
Call us at 415.626.8723 for a subscription.
Or mail your check, with complete address information
To 2325 Third Street, Suite 344, San Francisco 94107



a non-competitive martial art
for the mind, body and spirit.

Visit our website or call to
watch a class and see
The Art of Conflict Resolution

phone: 415-643-8407

2565 Third Street #309
San Francisco, CA 94107

www.heartaikido.com

Fruit Trees

Continued from Front Page

San Bruno, next to the McKinley Park slope.

According to the volunteers, when they began their efforts the hillside was neglected, littered with trash, and didn't feel safe or hospitable to residents who wanted to walk there. "We were operating under the Broken Window Theory," said Kirk Scott, a former Potrero Hill resident who continues to tend a plot at the Community Garden, and who has been active in the McKinley Park clean-up efforts. Scott was referring to a theory – outlined in a 1982 *Atlantic Monthly*, and put into practice in the early 1990s by the New York City Transit Authority – that postulates that small community disorders can be precursors to more serious crimes. By taking care of the small stuff – fixing broken windows and picking up litter – the risk of more aggressive crimes is reduced. "We cleaned and maintained the area, and because we were here working, other people felt more comfortable walking and spending time here," Scott said. "Neighbors who passed by while we were working were always grateful and pleased," echoed Rys. "It created a really positive community feeling."

But the volunteer effort didn't create the same warm feelings among City officials. San Francisco Park and Recreation Neighborhood Service Area Manager Steven Cismowski, who became responsible for Potrero Hill parks roughly two and a half years ago, opposed the presence of the fruit trees and the drip irrigation lines

the volunteers had extended from the Community Garden. "We wanted to work with Park and Rec to consider some more ambitious projects for the area, like benches or steps for the steep side of the park," said Rys. "So I met with Steve Cismowski. He told me that the trees we had planted and the drip irrigation lines had to go, that that kind of work on City land can only be done with a permit, that we had done the work without a permit, and that he would not issue us a permit to do the work. I kept hoping that we would be able to work something out: the oldest of those trees had been in the ground for five years and were over six feet tall," said Rys.

Despite entreaties from Rys, Cismowski held his ground. "About a year ago I met with him [Cris Rys] and gave him a deadline of well over six months to remove the fruit trees and the irrigation lines. After six months, nothing had been done. I gave him another extension of eight weeks, and still nothing was done. I then instructed our maintenance crew to remove the plant materials and dispose of them, so we could do our Fall cycle of planting."

Last Fall, Rys, Scott, and other McKinley Park slope volunteers were discouraged to discover that the trees they'd planted had been destroyed. According to Park and Recreation Communications Director Lisa Seitz Gruwell, Cismowski ordered the fruit trees to be removed. But when Park and Recreation staff people went to the park to dig them up, they found that the trees had already been snapped off and removed.

According to Cismowski there

were a number of reasons why the fruit trees had to go, including McKinley Park's unique physical geography; the threat posed to the coast live oaks from the drip irrigation lines; and the fact that the work was unpermitted. In addition, Cismowski pointed-out that the group had diverted City resources that were earmarked for a specific use: water meant for use at the Community Garden was being applied elsewhere. Rys countered that some of Cismowski's reasons didn't hold water. "The irrigation lines did not threaten the coast live oaks – which suffer when watered during the summer – because the drip lines were well over 50 feet downhill from the oak trees," explained Rys. "Whether the drip lines threatened the coast live oaks or not, the work was done without permission," countered Cismowski.

Cismowski points out that the area exhibits unique characteristics of San Francisco's original landscape: a serpentine rock outcropping, coast live oaks, and proximity to other sites – such as Bernal Hill and Twin Peaks – that offer habitat to the City's native wildlife. "This hill [McKinley Park's west slope] and Potrero Hill in general are essential to support native wildlife," said Cismowski. "There are bird species evident on that hillside because of the native plantings there." However, not all of the area's plants are native. The McKinley Park hillside is home to a tall, mature, non-native eucalyptus tree. Cismowski says he would love to remove that tree, but its removal isn't a Park and Rec priority because the tree doesn't pose an imminent danger.

Cismowski's decision to order

the removal of the fruit trees has left Rys and other Hill residents with the sense that they have no voice in what happens in a neighborhood park that they cherish and pay taxes to maintain. "The relationship seemed dictatorial," explained Rys. "One person seemed to be making decisions about the park without any planning involving the community."

"It's not that they don't have any say in the matter," countered Cismowski. "It's that there's a procedure for making changes in public parks. We do want volunteers," he continued. "We're understaffed. We're not getting done the job we need to get done. But well-meaning volunteers sometimes move out of the area, and we are left with the responsibility for projects they initiated. We don't want people who are going to create more work for Park and Rec. Responsibility for maintaining this hill falls to me ultimately, and I can't sustain an orchard." Further, according to Cismowski support for the fruit trees wasn't unanimous. "In this particular situation, I had at least three people from Potrero Hill express concern over the fruit tree plantings. One very ardently opposed the plantings and wanted them removed," he said.

Since the trees have been removed, Rys, Scott, and their colleagues feel demoralized. "We had a vibrant community of people who were active doing positive stuff," said Rys. "Now we're just sitting on our heels, wondering what's next." Scott adds that he and the others have stopped tending to the park in the wake of the tree destruction. New graffiti and trash are now accumulating at the site.

MARYLACE.COM

Your Source for Potrero Hill Real Estate Sales



MARY LACE
415.229.1357
mary@marylace.com



What's the Value of Your Property Today?

Ask Mary Lace, the Hill's real estate specialist since 1980. She has the knowledge and experience you need. Mary lives on Potrero Hill and loves it – she really knows and cares about our community.

Ask Your Neighbors about Mary Lace

"Mary was very conscientious about staying on top of details. She is friendly and cheerful and does not get rattled when unexpected details arise. It was a distinct pleasure to work with Mary and I would recommend her without reservation."

– Dean R.

"Your professionalism is impeccable; your sense of humor and practicality a delight; and throughout, we knew you would act in our best interests and in fact you did."

– Janet J.

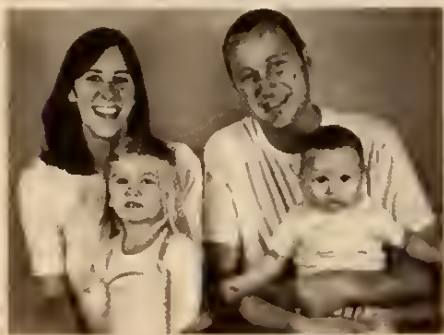


Birth Stories

Continued from Page 13

son. Waters broke the afternoon before. We went out, ate dinner, came home, bathed and put to bed my son, labored calmly in our room until active labor, when the "team" arrived. A sitter took my son to her home so he wouldn't be anxious nor I unfocused. I labored the rest of the evening, relaxing in a birthtub with my husband, a doula, two midwives and an apprentice guiding, supporting and caring for me that whole time, and even weeks later.

What happened, that was so remarkable wasn't only that I accomplished what I set out to do. Somewhere along the way, from pregnancy to birth, with a lot of love and counsel, I overcame some dark disillusionment and disappointment. I was so completely ready and prepared and surrounded by believers that I was at peace with whatever outcome, homebirth, homebirth with transfer, another cesarean. I came out of that birth perhaps reborn myself. I lost that boulder. - Elain Sprague Stuebe



When we decided to have our first homebirth, it wasn't something we knew much about. The more we learned about midwives, the more we believed it was possible. And then we experienced it ourselves and can't stop talking about it. We have amazing memories, living proof, and a new fondness for our tiny 900 square foot Dogpatch loft.

Our daughter, Pica, was born at home in December 2005. It was three drizzly winter days of slow labor. I walked around the house, and sat on the potty, a lot. In the final moments my husband, Jason, was the one who caught Pica as she fell from me; born into her daddy's hands. We'll never forget the moment that our midwives and families left that day. We snuggled our new baby in our own warm bed and couldn't stop smiling.

Two years later we couldn't wait to do it again when our son, Henry, was born. This time the labor went quick. Henry was born in the warm water of the birthing tub we had setup in our living room. Surrounded by the entire family, Henry was born right into my own hand. I will never forget the way his tiny little head felt; all soft, warm and fuzzy as it slowly filled my palm and he emerged.

We are so proud to have welcomed our offspring into our cozy, loving family in the comfort of our own home. No anesthetic and no inducement, just mental concentration on the sheer animal joy of the experience. It's hard for us to imagine it any other way. And we're here to tell others that it is possible. It's what our bodies were born to do. And what better place, what better community, to welcome new life than Potrero Hill. - Dina Herring.

Dear Baby Caleb,

I want to tell you the short version of your birth at home. Your Mom and I were up at your grandparent's in Healdsburg when you decided it was time. We jumped in the car and headed home. We called Maria, our midwife, and she was totally calm and said she would meet us at home.

Your mom's water broke as we were driving across the City. We rushed upstairs, and I was so happy to see Maria and her assistant and the second midwife, Nancy. Turns-out your mom was already seven centimeters dilated!

We had a birth tub for you in our bedroom. Your mom got in and so did I. She was starting to make a lot of noise, which seemed to help her deal with the contractions. We were in the tub for a couple of hours. Then Maria wanted her to walk around a bit. Eventually, we walked back to the bedroom, and she started pushing.

You have no idea how hard your mom was working for you. She was shivering and sweating. She thought she was at her wits end but actually she looked so strong. While she was pushing she would pick her chin up and press her face into my side and stomach. The midwives told her over and over how strong and amazing she was.

After about an hour of serious pushing and some screaming, your head came all the way out, and then on the next push your shoulders. Maria asked me to grab you, and I reached down between your mother's legs and wrapped my hands around your tiny chest underneath your arms and put you on your mother's chest! Your eyes were open and I just wept; wept with joy. It's hard to describe.

The midwives cleaned you and the house up and left us together, the three of us, to bond and rest. We curled up in bed and had our first night together at home. The midwives came back in the morning, and each day after that to check on all of us. We stayed snuggled-up in our home, learning what it meant to be a family. - Niko and Caleb (dad)



My son Jasper is three and a half years old now. He's a little ray of sunshine, and my greatest teacher. Jasper brought grace to my life before he was born. It's as if his spirit was hovering around, waiting to be conceived. After years of being "on the fence" about whether or not we wanted to have a child, my husband and I decided to relax and see what happened. I got pregnant right away, in my late-30s. What excitement and

joy. We fell in love with this little soul and named him "Sprout."

Sprout's gender, we decided, would remain a mystery to us until he was born. I remember a friend saying "otherwise it's like opening a Christmas present in July!" July was the month of our due date, and we had planned for a homebirth with midwife Maria Iorillo and doula Renee Verduin. On the 4th of July, after camping out the night before - I really wanted to go camping before Sprout was born - I woke up from a nap and found my water had broken. Eighteen days before my due date. Shocked, I called my birthing team and we scrambled to get ready. We (finally) opened our homebirth kit, stocked-up on newborn diapers, ate a spicy dinner (on the advice of Maria) and settled into the fireworks.

Contractions were happening five minutes apart. I tried to rest, but I was very excited and feeling confident; these weren't bad at all! Was I in for a surprise. Not even our wise childbirth educator, Zann Erick, had prepared me for the indescribable pain and power of labor, though Marisa Toriggino, my amazing prenatal yoga instructor, had a homebirth and experienced more pain than she could believe. As things intensified, I spent hours in the birthing tub, hoping for relief in the warm water.

Before labor, I wanted to have a waterbirth. As Sprout and I progressed, I wanted out of the tub and onto my bed. So up we (all) went, between hard contractions, the 15 steps to the bedroom. The urge to push was very strong, but I was not fully dilated. Maria instructed me to resist pushing. This felt impossible; it seemed beyond my control. After a long time, I was - at last - cleared to push. And push I did. Sprout was born an hour later. And I felt reborn in the process. What an amazing, powerful, transformative journey. Was there nothing I couldn't do after giving birth? - Kathleen Sampel Morris



"Honey, I don't think you're going surfing today."

That was what I whispered to my husband, Tom, that morning in November 2007, after I woke to use the bathroom in the early hours and discovered that my water was breaking. I didn't have to explain what I meant: he took less than a blink to rise and start preparing our house for a day we'd been planning for months.

Our decision to have a homebirth stemmed from my desire to have as few medical interventions as possible during labor. Having learned that being in the hospital all but guarantees, statistically, that a woman will experience some form of intervention, I wanted no such interventions if they were avoidable, and I wanted to give full trust to my body and its amazing abilities by birthing at home.

A few hours into the labor, when the sun came up, things were progressing apace. But as my husband was setting up the birthing tub by our sliding glass patio door, we noticed that there was a whole work crew alighting on the neighbor's roof, ostensibly preparing to spend the day painting his house; about 10 feet above where my head - and the naked, writhing rest of me - was supposed to be during delivery! My husband paid a visit next door, and our neighbor was kind enough to ask the crew to come back the next day to finish their work. Just imagine if their schedule hadn't allowed them to delay the job. We'd have spent all day staring at each other, me moaning in the throes of labor while these poor men tried to ignore my hollers while they scraped paint chips off the wall.

But they left, the midwife came, and nine hours after telling my husband the wetsuit wasn't getting wet that day, we were embracing our new daughter in a pool of warm water in our living room. We both believe that being born at home was part of the reason she was such a settled baby from the start. There were no beeping machines, no bright lights, no being carted away from me too soon in the delivery room to be poked and prodded. Just lying on mama's chest, hearing our calm, hushed voices in the warm surroundings of her new home. Moments after our fantastic midwife, Maria Iorillo, finished checking her vitals, making sure we were nursing well, and dealing with my perinatal care, she and the other midwives and doulas on our birth team cleaned everything up and quietly slipped out our front door, leaving my husband and I lying in our own cozy bed with our brand new daughter. Nervous beyond belief, but already settled in the place where we'd now live as a family of three.

Giving birth at home without drugs or doctors was the hardest thing I've ever done. But now I know what I am really made of, and that can never be taken from me. If we ever choose to have another baby, I'll absolutely aim to have it at home as well. I realize it's not a choice that works for everyone, though. I think the most important thing for every woman's birth experience is for her to be where she's going to be the most comfortable, so she can fully focus on the work she has to do. For me, that was my home on Kansas Street. - Andie Grace



yogasita
potrero hill

try something ancient

1501 mariposa, no. 308, at arkansas
across from jackson park
yogasitasf.com | 415-864-SITA

Police Blotter

January 27, 8:15 p.m., Battery, Theft from Person, Third and 20th streets: A victim was robbed of his iPod on a Muni train when a suspect put him into a headlock, and his accomplice took the device. The victim lost consciousness and woke up on the floor of the train. The victim got off the train and called the police. The victim's father made the report regarding this incident by coming to Bayview Station several hours later. No suspects were located.

January 24, 2:33 p.m., Department of Motor Vehicles Fraud, Bank Robbery Arrest, Third and Tennessee streets: A routine computer check on a license plate yielded an arrest of a Vallejo man for vehicle violations and bank robbery. Bayview plainclothes officers were behind a suspicious vehicle. They radioed in a its license plate, and learned that it belonged to a Chevrolet. However, the car they were looking at was a Nissan. The officers pulled the car over and detained the driver. During the course of investigation the officers determined that the driver matched the description of a man who robbed a bank on San Bruno Avenue. In fact, he was wearing the same clothes and had the same tell tale limp that the bank robbery suspect had. The man was transported to County Jail and booked on felony motor vehicle violations. The Robbery Bureau and Federal Bureau of Investigation are following up on the man's possible involvement in the bank robbery.

January 17, 4:55 p.m., Robbery with Force, DeHaro and 16th streets: Officers McKelley and Seto and Field Training Officer Singh were dispatched regarding a robbery that took place on a Muni bus. Officers detained numerous suspects at the

corner. Officers also spoke with the victims, who stated that they were sitting on the bus and one was using her iPhone. A subject approached her and asked to see her iPhone. The victim complied, handed the suspect the phone, then asked for it back. The suspect put the iPhone in her pocket and proceeded to punch and kick the victim. Another suspect took her purse, containing money, identification and credit cards. Officers detained several suspects, who were released to the custody of their parents.

January 16, 9:10 p.m., Burglary of a Vehicle, Probation Violation, 200 Block of Pennsylvania: Officers Borghesani and Balingit responded to a call regarding a burglary in progress. Officers on scene had already taken the suspect into custody. The caller told officers that he saw the suspect inside his building's garage, hiding between parked cars. The witness saw the suspect attempt to enter numerous cars. The suspect then fled the garage, with the witness following him. Police arrived and took the suspect into custody without incident.

January 15, 8:23 a.m., Heroin and Opiate Offense, 900 block of Wisconsin: Officers Kwan and Moran were traveling on Wisconsin when they saw a car blocking a crosswalk. The officers watched as the driver and another person completed a transaction involving narcotics. After an initial investigation of the driver and the pedestrian, the officers discovered that the pedestrian had suspected opiates and heroin on her, as well as paraphernalia to smoke the heroin. She was placed under arrest. The driver was released.

Justice Fund

Continued from Page 6

2007 report from the Office of the Controller.

LEJ contends that the numbers don't tell the entire story. Building a green building that was off the power grid and hosted its own waste water treatment presented unprecedented challenges, such as asking public agencies for unusual variances, said Pamela Calvert, LEJ's deputy director. "We were working through an incredibly complex series of permitting processes because we were doing something on the very edge of green building," Calvert said. Recently, construction of the facility has been threatened again, this time by state budget cuts, but Calvert hopes to be able to host the opening ceremony on Earth Day, a year after the groundbreaking.

The original \$13 million is slated to be fully dispersed by 2011. SF Environment's Eng said her department will continue its EJ work by directly engaging neighborhood groups, and by distributing smaller grants received from other sources.

And more work needs to be done. The Hunters Point Family fruit delivery business shuttles its produce to customers in a Dodge Ram truck running on biodiesel, thanks to an EJ grant. But whether this matters to residents in the neighborhood is unclear, according to Candice Pierson, who runs Something Fresh. "I don't think a lot of people actually know what biodiesel fuel is," Pierson

said.

There are also signs of progress. Grid Alternative received its first EJ grant in 2005 to install solar power systems at low-income homes in Potrero Hill and Bayview-Hunters Point. Local residents didn't embrace the program right away. "People were a little skeptical and it was kind of hard to get our first few clients signed up," said Tim Sears, the nonprofit's director. Attitudes soon changed. The barn-raising installation of solar power systems - where friends and family of a house join a supervisor and job trainees to put panels on the roof - caught the neighbors' attention. The number of applicants rose. In the past year Grid Alternatives installed another seven solar power units with a \$100,000 EJ grant, with another \$100,000 slated for 2009. The resulting savings can be seen right away, a joy for the homeowners. "To see the meter spin backwards at the end of the day, people get really excited," Sears said.

**WE ARE ALMOST
THERE**

(May 21, 2011)

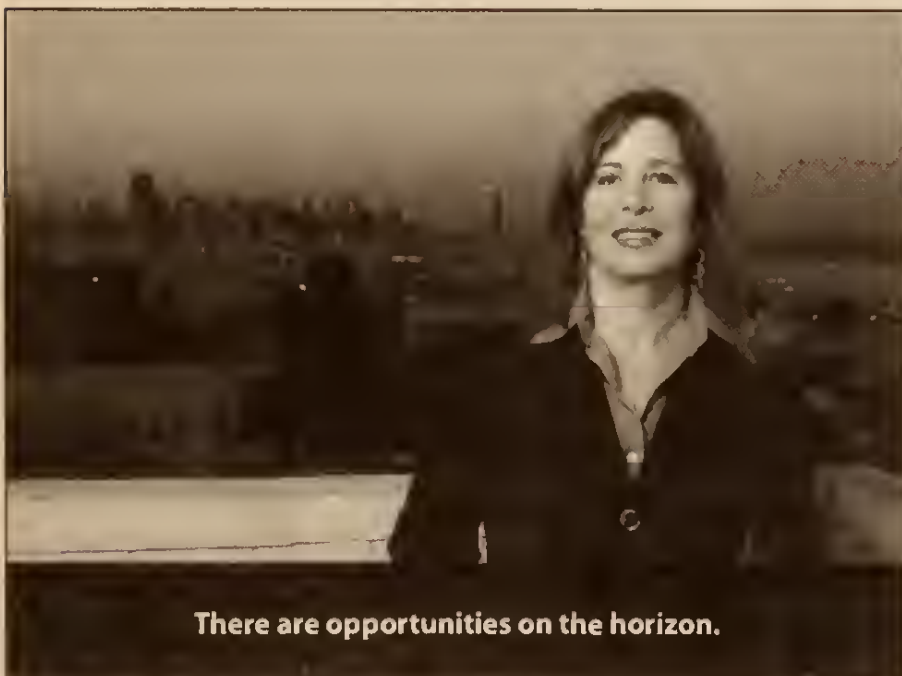
www.familyradio.com

Family Radio

610 AM

Open Forum

5:30-7:00pm M-F



There are opportunities on the horizon.

The market may have changed, but Claudia Siegel's keen perspective on San Francisco real estate is as sharp as ever.

Opportunities abound in this new marketplace; no matter what your goals, she'll work to make your transaction a successful one. As an expert negotiator and well-connected Bay Area native, Claudia will find the perfect home for your family and work tirelessly to ensure that you get the best deal possible.

Let Claudia give you a new outlook on the market. call her today.

Claudia Siegel
REALTOR®
415.905.0250 ext 143
ClaudiaSiegel@zephyrsf.com
www.ClaudiaSiegel.com

Z
ZEPHYR
REAL ESTATE

Join us for

BB&B

BLUES, BEER & BBQ

Saturday, February 28 | 4 - 9 pm

**Blues | Dance | Great Beer
Raffle | Fun**

\$20

(Includes BBQ Dinner)

**Potrero Hill Neighborhood House
953 De Haro Street
San Francisco, CA 94107**

**Featuring: Bobby Webb &
The Smooth Blues Band**

For More Info (415) 826 - 8080

Hill Resident

Continued from Front Page

Eastern European descent became home to artists and individuals engaged in the multi-media sector during the 1970s and 80s. More recently, upper-income families and Silicon Valley commuters have moved in.

"We are a city of neighborhoods. But in a city of seven-by-seven miles, you can't tell where one neighborhood ends and another one begins," said Miguel, who is a grandfather of seven and a third-generation San Franciscan. According to Miguel, neighborhoods that have distinct identities – such as Chinatown or North Beach – can bleed into each other without defining boundaries, unifying architectural styles or planned development. Potrero Hill, which has experienced rapid growth and change over the past three decades, exhibits an evolving architectural style that may seem eclectic. "I do believe in neighborhood character. I believe that is possible even though there is change," Miguel said. "I believe that it is possible to maintain neighborhood character and at the same time allow some variety of building styles."

Throughout the City real estate appreciation and new construction have stalled recently. Because the San Francisco Planning Department is funded mostly from building permits and other fees, a drop in construction and other projects translates into lower revenue, and less money for the department. "It's killing us," Miguel said. "Filings are down 45 percent over last year and falling. And [this year] doesn't look any better."

As a Planning Commissioner, Miguel has a significant influence on land use issues, but he doesn't always get his way. Miguel joined the Potrero Boosters and Merchants associations in opposing the San Francisco Police Department's (SFPD) lease of the former Jamba Juice and Sports Basement buildings, located at 16th and 17th streets. But last October the San Francisco Board of Supervisors voted to approve the agreement in an eight to three vote, with Supervisors Sophie Maxwell, Jake McGoldrick and Tom Ammiano voting against the proposal. The buildings will house SFPD's Tactical Division, which will likely begin operations at the facility by the middle of the year.

"It is my opinion that this area of Potrero Hill is and has always been relatively crime-free," Miguel said. "There were no statistics put forward by the SFPD to support any claim that their presence was needed. I believe that removing this large block

of property from potentially positive neighborhood uses is wrong."

"Ron has always demonstrated an understanding of the issues and a willingness to engage in lively discussions as to how best to solve the problems," said Susan Eslick, Dogpatch Neighborhood Association president. Eslick particularly praised Miguel as one of a number of community members who successfully convinced the City to designate Dogpatch as an historic neighborhood.

Last Fall San Francisco voters passed Measure D, which allows the City to help finance Pier 70's redevelopment. Miguel declined to say how he voted on the measure, but he emphasized the need to preserve the pier's older buildings. According to Miguel, rehabilitating historic structures may cost more money than tearing them down and building from scratch, but the existing buildings could be modified to accommodate mixed-use development. Miguel envisions Pier 70 as hosting a combination of open space, recreational activities, offices, light manufacturing, wholesalers, and retailers, all of which might take a decade and a half to build-out. "The secret is whether or not you put in any housing," he said. According to Miguel, because of restrictions attached to the land housing is unlikely to be built on the pier.

Miguel operated a flower shop at 25th Avenue and Geary Boulevard until 1991. After his retirement, he became involved with land use issues in the Richmond District and Presidio. In 1990, Miguel joined the board of the Planning Association for the Richmond (PAR), and served as its president, from 1992 until this past year. From 1994 until recently he worked with the Neighborhood Associations for Presidio Planning. And he co-founded the San Francisco Housing Action Coalition, serving on its executive committee from 2000 to 2008. In 2004, as PAR president Miguel advocated that at least portions of the 1920s-era Alexandria Theater, located on Geary Boulevard, be preserved. The movie theater, which had been closed and continues to sit vacant to this day, was threatened for demolition.

Newsom appointed Miguel to fill former Planning Commissioner Dwight Alexander's seat. Miguel was approved unanimously by the Board of Supervisors, for a term that expires in 2012. He receives \$200 a meeting. Clearly he's not in it for the money. "I like it. I wouldn't go if I didn't," said Miguel.



Potrero Hill residents paint the hillside entrance to the 18th Street pedestrian bridge.



Hill youth help keep the neighborhood clean as part of President Obama's call to action.



Potrero Hill residents celebrate the new era.

Public Hearing on the
Draft Supplemental Environmental Impact Report (SEIR) for the
**UCSF Medical Center at Mission Bay –
Residential Sound Reduction Program for Helicopter Operations**

**Monday, February 23, 2009, 7:30 p.m.
UCSF Mission Bay Campus*
Genentech Hall Auditorium - 600 16th Street**

The purpose of this hearing is to solicit public comments on the adequacy and accuracy of information presented in the Draft Supplemental Environmental Impact Report (SEIR). UCSF has developed a Residential Sound Reduction Program (RSRP) in consultation with the community to address the potential impact of helicopter noise from proposed operation of a helipad, a component of the UCSF Medical Center at Mission Bay project. Two community meetings have been conducted on the RSRP.

This Draft SEIR is an informational document prepared in accordance with the California Environmental Quality Act (CEQA) intended to provide decision-makers and the public supplemental environmental information concerning the RSRP mitigation measure. Following finalization of the SEIR and certification by the University, UCSF proposes to approve helipad operations.

The Draft SEIR will be available online at <http://campusplanning.ucsf.edu/> starting January 20, 2009. There will be a 45-day public comment period. Paper or compact disc copies are available by contacting UCSF Environmental Coordinator Michelle Schaefer at HospitalEIR@planning.ucsf.edu or 415-476-2911. To provide written comments on the Draft SEIR, please write to Ms. Schaefer at UCSF Campus Planning, Box 0286, San Francisco, CA 94143-0286 or email EIR@Planning.ucsf.edu. Comments must be received by 5:00 p.m. on March 6, 2009.

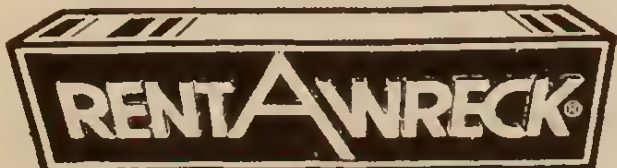
*The UCSF Mission Bay campus is accessible using the MUNI T-Third light rail line. If you drive, please park at NO COST in the SURFACE LOT (near the UCSF Police Station); this lot can be reached by taking 16th Street to 4th Street. Complimentary parking is not available in the garages. Please bring photo ID to show at building security desk.

UCSF Medical Center
at Mission Bay

UCSF fully ascribes to the Americans with Disabilities Act. If at any time you feel you have a need for accommodation, please contact UCSF Community and Governmental Relations at 415-476-3206 with your suggested accommodation.

THE SMART ALTERNATIVE.®

- Reliable, clean vehicles
- Low rates- Daily, weekly, monthly
- Locally owned & Family Operated
- Open 7 days a week



(415) 282-6293
2955 3rd street
Between Cesar Chavez
and 25th street

Free pick up in
Potrero Hill!

Classified Ads

You can update, post, and pay for a classified ad on the web. Just go to www.potreroview.net and follow the instructions. Classifieds are \$25 for up to 200 characters, including spaces, with a 20 percent discount provided for ads paid for six months in advance. Payments and/or text changes must be received by the 18th of each month for the ad to appear in the following month's issue. If you prefer to post or call in your ad feel free: View Want Ads, 2325 Third Street, Suite 344, San Francisco, California 94107; 415.626.8723; office@potreroview.net.

Art and Music

ATTENTION ARTISTS Goat Hill Pizza is looking for local artists to show their work at the restaurant. Please call Alicia Wong at 415.641.1440 if you are interested.

PIANO LESSONS with patience and humor. All ages, all styles. Former member of the Pickle Family Circus and SF Mime Troupe. Randy Craig 415.334.2451.

FLUTE, RECORDER & FIFE LESSONS Professional flutist with over 20 years of experience teaching fun, creative flute lessons for all ages, beginning to advanced. Recorder or fife lessons are an excellent introduction to music for children as young as four. Diane 415.641.8695 www.noevalleyflute.com.

SACRED SHIMMY Meditation and Dance. Friday evenings: 5:30 - 7:00 p.m. Yoga Sita Studio, 1501 Mariposa Street, #308. We'll sit, dance, and talk in a fun, safe, sacred space. \$10 donation.

Business Services

WINNING RESUMES by Hill resident Mauri Schwartz. "Mauri, I wanted you to know that a new firm I sent my resume to called me because my resume was so well written!" 415.970.8959 www.CareerInsiders.com.

GRAPHIC DESIGN FOR PRINT AND WEB Get your business/product noticed: logo, web site, ad, brochure, Flash animation, stationery, invitations, sell sheet, more. On the Hill. www.jcarpinelli.com.

Community Activities

SENIORS (60+) DON'T EAT LUNCH ALONE. Join us for daily lunch and add to your social life. Mon-Fri, hot nutritious meals--your first time with us you get a free lunch! Bingo, cards, birthday celebrations, special events, and other activities. For more information, call Dolores Maghari at 415.826.8080. PH Neighborhood House, 953 De Haro St.

Education

SPANISH LESSONS Beginner, intermediate, advanced levels. Grammar and conversation tailored to your own needs. Cultural events. Native teacher. Agora Language Resources. 415.248.1881. agoralrs@yahoo.com.

Employment

PART-TIME SALES JOB Looking for community-minded, persistent individual to sell advertisements for the View. One day a week, \$10 an hour plus commission. Contact: steven@moss.net.

Food and Nutrition Services

BARREL OF AWARD WINNING WINE Premium Sonoma wine, delivered to your door in a french oak barrel. Choose from our 2006 Dry Creek Valley Cab, Zin, Merlot & more! \$2500. 707-433-3027 www.cerasoliwinery.com.

GOURMET VEGETARIAN CUISINE Delivered to your doorstep. Diverse menus, naturally low in fat, cholesterol & salt. Treat yourself right! Gift cert. avail. For menus, call Jane 415.826.2133, www.pealcuisine.com.

TOO BUSY TO COOK? TIRED OF TAKEOUT? Amaranth Personal Chef Service provides delicious, nutritious meals, made in your home, to suit your dietary needs. Please visit www.amaranth-sf.com.

Garden Services

FULL SERVICE GARDENER Wake up one fine spring day to a blossoming paradise in your garden. Now is the time to clean up, plan it and plant it. Maintenance, renovation, organic soil building. California native plants a specialty. Call Jeannine Zenti at 415-642-0246.

SUNNY BACKYARD WANTED FOR VEGGIE GARDEN The Green Thumb Club seeks a sunny, unused backyard with street access. We'll build, plant and tend a vegetable garden to feed you, ourselves and extra for donation to the Food Bank. We're looking for the extra summer warmth that Potrero Hill enjoys (as compared to other neighborhoods). Please call Jo at 415 867 1958 or email jo.brownold@gmail.com.

Health, Healing & Beauty

PERSONAL TRAINER Get a personalized fitness program with certified trainer, Susan Sullivan. Specialty: women beginners. Train nr. Potrero Hill. Home programs too. susan@binkysbarn.com or 415-786-9939.

Home Services

HANDYMAN MIKE Electrical, Carpentry, Custom woodwork, Decks, Doors, Dry rot Fences, Garbage disposal, Locks, Siding, Molding, Painting, Plumbing, Toilet, Sheetrock, Stairs, Tile. 415.756.9896.

BEST PRICE * BEST PRODUCT Carpentry Fences Decks Stairs Windows Doors Tile Setting Seismic & Structural Bathroom & Kitchen Remodeling Serving San Francisco Neighborhoods for 20 years Handyperson services: Just Fix it Now! 415. 282.5406. Licensed Bonded and Insured CSL# 888938.

J.A. EMMANUEL CONSTRUCTION License #861994 is organized to provide service with optimum efficiency and flexibility. Quality work with experience in residential construction can help make your dreams a reality. New construction, house addition, remodeling and conversion. House, apartments, condos, kitchen, bathroom & more. Reasonable rates. All insurance necessary for the projects. Call 415.902.2469 for FREE ESTIMATE or visit www.jaemmanuelconstruction.com.

RED8UD DESIGN All areas of expertise in designing: Patios, Decks, Arbors, Walkways, Water Features, Drainage, Lighting, Planting, Specialty Gardens, Contractor/Gardner Referrals, Bid Analysis, Construction Management. Nann White www.redbuddesign.net. 415.558.9514.

ARCHITECTURAL SERVICES Make your current house your dream home. Neighborhood Architect available for residential renovations, additions and new construction. Please call Bradley Davidson A.I.A., 415 370-8291, bradleydavidsonarchitect.com, California License #C-23182.

TOM'S PLUMBING Tom has been satisfying Potrero Hill customers for over 30 years. All plumbing needs handled promptly and efficiently at a very low cost. Keep it local and call Tom Keats: 415-824-3538.

EXPERT PAINTING. We offer the highest quality at the lowest possible price. 35 years experience in the bay area. Free detailed estimates. Lic #556858. Dave 415-647-4332 anytime.

Housekeeping

DO YOU NEED HOUSECLEANING? We will do it for you. Call Sara & Marco 415.310.8838.

GENERAL HOUSECLEANING by Paul 415-334-9180.

Insurance Services

LONG TERM CARE SPECIALIST Free consultation. Experienced broker helps individuals/small businesses plan ahead. Lee Abel Bandele 415.821.2271.

Rentals

POTRERO HILL 1 BR Classic Edwardian furnished apartment, perfect for work or vacation. Faces west for beautiful afternoon sun. Garden patio. Short-term only. No smoking. No Pets. 415.725.1403.

SPACIOUS AND BEAUTIFUL furnished guest garden apartment. Private. 1/2 blk. to restaurants. Non-smoking. 2 adults only. 2 night minimum. 415-861-3208.

CHARMING GARDEN APARTMENT One BR, 2-night minimum. Fireplace, patio, deck, French doors. 415.641.4488.

VACATION RENTAL ON THE HILL 2 bd/1.5 bath with view of Twin Peaks. Washer/dryer in unit, full kitchen, garden \$200/nt - discount for week/month. 415.285.4840.

VACATION RETREAT FOR POTRERO HILLIANS. Calistoga/St Helena area 3 bedrms 2 baths sleeps 6 (max). Lge decks w/ views of stream woods & meadow. Frplce w/ wood supplied 30 acres trails all-year stream. Dogs OK. 3 night wkend=\$500 Week=\$900 Discount repeat guests. Photos <http://spot02.googlepages.com>. 415.647.3052.

WINE COUNTRY RETREAT DOWNTOWN HEALDSBURG Walk to over 20 tasting rooms in beautiful Downtown Healdsburg. Brand new 28D 18A home healdsburgonthesquare@gmail.com 415 377 3609 www.vrbo.com/207520.

Technology Services

COMPUTER PROBLEMS DRIVING YOU BUGGY? We fix problems! 25 years industry experience. Software/hardware consulting; setup/troubleshoot wireless networks. Work with individuals, small businesses, or professionals. Patience with non-technical folks a specialty. Rob 415.244.3305. At your service! www.SFComputech.com or email rob@sfcomputech.com.

STEREO REPAIR / HOME THEATER INSTALLATION Gene's Sound Service offers expert component-level repair and installation of audio, video and home theater systems. On-site service with convenient day, evening or Sat appointments. Many local references. "Gene's honest and knows his stuff. Give him a try." Bobby McFerrin. Call Gene at 415-377-1258. More info at www.genessoundservice.com.

HOSTING AN INTERNATIONAL STUDENT IN YOUR HOME!

Wonderful cultural exchange, compensation \$227-\$270 /week

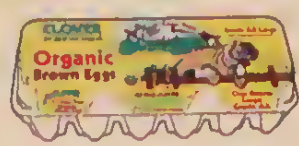
415-788-3552 or kchu@stgiles-usa.com

ON SALE

...at The Good Life Grocery



Raincoast Wild Smoked Salmon
Lox style
4 oz -reg 9.99 **\$6.99**



Clover Organic Dairy Organic Milk Gallons
all varieties
128 oz. -reg 6.99 **\$5.99**



Organic Large Brown Eggs
dozen -reg 5.19 **\$3.99**

Clif Foods Clif, Luna, Mojo, & Nectar Bars
all flavors
1 1/2 4 oz -reg to 1.99 **10/\$10**



Organic Cottage Cheese
16 oz -reg 4.79 **\$3.99**



Golden Temple Peace Cereals
all varieties
10/14 oz -reg 5.39 **\$2.99**



Clover Dairy Regular Milk Gallons
all varieties
128 oz -reg to 3.79 **\$2.99**



Lundberg Farms Rice Chips
all varieties
6 oz. -reg 3.09 **\$1.99**



R.W. Knudsen Organic Juices
all varieties
32 oz. -reg 4.79 +CRV **\$2.99**



Kozy Shack Natural Puddings
all flavors
22 oz -reg 4.59 **\$2.99**

Yogi Teas Yogi Teas
all varieties
16 ct -reg to 4.99 **2/\$5**



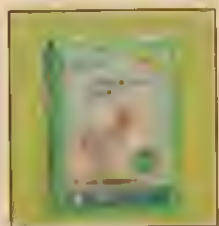
Capricorn Coffee Very Dark Costa Rican Coffee Beans
Bulk! -reg 7.49 lb **\$4.99 lb.**



Vegetable Blends
all varieties
32 oz -reg to 4.35 +CRV **2/\$5**



Häagen Dazs Ice Cream & 3pk Bars
all flavors
16 oz -reg 4.49 **2/\$7**



Seventh Generation Baby Diapers
all sizes
30-44 ct. -reg 15.49 +tx **\$9.99**

Sale Prices effective February 2 - 22, 2009



The GOOD LIFE GROCERY

